

STRESS MANAGEMENT

FACT SHEET

HIGHFIELD ELEARNING

SHORT COURSE

- Quick and Easy
- Flexible and Accessible
- Saves Time and Money
- Audited and Approved
- Accredited Option
- Bite-Size Sessions
- No Social Distancing



KEY DETAILS AT A GLANCE

Duration	20 - 40 minutes
Audience	Any employee, manager or apprentice.
Prerequisites	No prior knowledge needed
Certificated	Yes - Highfield Completion Certificate
Compatibility	Laptop/Desktop PC Internet Explorer 11 Microsoft Edge Google Chrome Mozilla Firefox Apple iMacs/Macbooks Safari Google Chrome Mozilla Firefox iPads Safari Google Chrome for Tablets Android/Windows based tablets Internet Explorer 11 Google Chrome for Tablets Mozilla Firefox Microsoft Edge

NOTE: Enabling JavaScript and a stable broadband connection are required.

ABOUT THE COURSE

This course is ideal for any company and can be utilised as a part of the workplace's health and wellbeing programme.

It is designed to help you understand work-related stress. The course will help you to understand what stress is, the common stressors and causes and the various strategies to manage work-related stress.

The course covers the importance of personal resilience and how this can help you to cope with stress and finally will help you learn the steps to carry out a risk assessment for work-related stress.

AREAS COVERED

The modules of this short course include:

- Defining stress
- The causes of stress at work
- Effects of stress on job performance
- Strategies for managing stress
- Stress reduction
- Stress and the law
- Management of Health and Safety at Work Regulations
- HSE management standards
- Risk assessment for work-related stress

ASSESSMENT AND CERTIFICATION

Candidates will be assessed by a series of multiple-choice questions upon the completion of each of the modules. Subject to satisfactory completion, candidates are given access to an electronic Highfield quality endorsed certificate of completion (in PDF format), which they are able to print.

WHAT NEXT?

If you'd like to purchase this eLearning course, call us on:

01452 502113

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www.envesca.co.uk



help@envesca.co.uk



01452 502113