

CPD

Stress Management

Distance learning means that all of our courses are available to anyone, anywhere. This short, auto-marked programme will give you the knowledge you need to deal with management responsibilities and to develop as a leader.

Section 1: Identifying and managing stress in the workplace

In this section, you will learn about the causes and impact of stress in organisations, symptoms of stress and stress management techniques.

Section 2: Supporting individuals in the workplace

This section covers management responsibilities and actions relating to work-related stress in the team, as well as how and when to provide advice, mentoring or counselling to support individuals in the workplace.