

Online CPD Stress Management

Course Code: CQ5OSM

Level: E

Type: Part Time

Various - Various (VAR)

-

4 Hour(s)

Online

£ 30

Need to speak to us about a course?

01480 397197

trainingtalent@camre.ac.uk

Apply Here:

https://www.camre.ac.uk/course/pdf/CQ5OSM/

About the course

Interested in studying one of our stress management courses? 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.

The benefits of this course include:

Learn from your own home, in your own time
Access to award-winning learning and assessment materials
Potential to progress on to other stress management courses.

Progression and career opportunities
Once you have completed this course, you could progress onto the following:

Principles Of Business And Administration
Certificate in Principles of Business Administration

Entry requirements
No entry requirements, students should have a basic level of English and the ambition to progress into further work or study.

Assessment
These auto-assessed courses are delivered wholly online, and you will receive a certificate upon completion.

Disclaimer
Whilst every effort is made to ensure the information is correct, some details may be subject to change. Cambridge Regional College reserves the right to make amendments to the courses, dates, fees or other details, and to make cancellations or changes if numbers are insufficient.