



Online CPD Understanding Stress

Course Code: CQ5OUS



Various - Various (VAR)

Level: E



-



Online

Type: Part Time



4 Hour(s)



30

Need to speak to us about a course?

01480 397197

trainingtalent@camre.ac.uk

Apply Here:

<https://www.camre.ac.uk/course/pdf/CQ5OUS/>

About the course

Stress can have a huge impact on daily life, work, and mental well-being, as well as the people around you. Our online CPD Understanding Stress short course is perfect for both employers looking for stress management training for staff, or individuals looking for a stress management course to gain knowledge and understanding for personal development or professional reasons.

This stress management online course covers a range of areas including the definition and causes of stress, the effects stress can have on the body, work related stress, stress management techniques and how to support people experiencing stress.

When you click 'Apply Now' you will be taken to an external site, you may be required to search for this course using the navigation tools, once found you can 'Add course to basket' and 'continue to payment' to purchase and access this course.

Progression and career opportunities

This CPD course supports in upskilling your knowledge of a specific topic or area and is a great addition to a CV.

On completion of this course you may wish to explore further CPD Courses or progress onto one of our funded online qualifications

Upon completion you will be able to download a copy of your certificate

Entry requirements

There are no entry requirements for this course, however in order to complete the course you should have a basic level of English and will need to be able have access to the internet.

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.