

Contact Us

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<https://www.theskillsnetwork.com/learners/courses/stress-management-courses-distance-learning-cpd>




Online Distance Learning 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.

KEY INFORMATION 	
Full Cost Price 	FREE
Course Length 	4 hours
Learning Method(s)	Online learning materials with online assessment

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.

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Community Learning**

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