Online Stress Management

This **Online Stress Management Training Course** will introduce simple stress management techniques to use both at home and at work.

By the end of the session, attendees will:
- Know what stress is and its causes
- Be able to recognise the tell-tale signs of stress
- Understand why stress can be a good thing if carefully managed
- Have a range of stress management techniques
- Feel more confident sharing how they feel ad asking for help

Course Content

- What is stress
- Recognising stress
- Managing stress toolkit

Delivery Options

Virtual In House
We can deliver this course as a virtual online training course for your business

Contact us for a quote to have this course delivered in-house.

Online Open Course
We deliver this course as an online virtual open training course.

Each space costs £195.00 + VAT/€215.00 per person

Session Breakdown

What is Stress
- What is stress really
- Why do we feel stressed
- What are the common causes of stress
- The fight, flight, freeze response

Recognising Stress
- How do we feel when we are stressed
- The sources of stress
- Knowing when to take action

Managing Stress Toolkit
- Strategies for reducing stress
- Strategies for managing stress
- Mindfulness and positivity
- Good stress and how to use it

Course Information

This is a **one day online** training event that Revolution Learning and Development deliver as a virtual online training course or virtual in-house training course.

When we deliver this course in house, we can make this more bespoke to your needs.

To discuss your individual needs, email hello@revolutionlearning.com or call us. If you're in the UK it's 03333 444575 and if you're in the ROI it's 015549779

Booking terms and conditions are available on our website.