



Stress Management Training Course

About This Course

Stress Management Training Course



Do you want some simple stress management techniques that you can use at work and at home?

Our Stress Management Training Course will provide a toolkit of tips and strategies to reduce stress both at home and work. Learn how to deal with the stresses of modern day life and how to feel better about you and your work.

This Stress Management training course is delivered as a scheduled open online training course or in-house just for your business.

We deliver the course as a face to face course and a live virtual online course.

The Course Aim & Objectives

Here's what you will learn on our Stress Management course



Course Aim

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

Course Objectives

By attending attend this Stress Management Training Course you 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

The Course Content

Here's what we cover in our Stress Management course



What is Stress

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

The Impact of Stress

- How does stress affect us and our organisation
- Why tackle stress in our personal life and at work
- Stress and health and safety
- The legal case for tackling stress

Recognising Stress

- How do we feel when we are stressed
- The early signs of stress
- 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

Delivery Options

How we deliver our Stress Management course



Open Training Course

Delivered online as a scheduled open training course

£215.00 + VAT / €239.00

Price per delegate.



In-House

Delivered at your business location or a location of your choice anywhere in the UK, Ireland, across Europe or online.

We can adapt the course content to meet your specific needs and those of your team.

Contact us for a quote.

Open Training Course

Attend our scheduled online training course



We deliver our Stress Management training course as an online scheduled open training course.

Perfect for when there is just you, one of your colleagues or a small group of you that would like to attend the course.

Our scheduled courses run on a regular basis and are delivered via Zoom.

You will find them just as engaging and interactive as our in-person training course.

See the course page on our website for more details and the course schedule.



In-House Delivery

Train your team. Train your entire company



We can deliver our Stress Management training course just for your team or organisation.

1

Start with an off-the shelf course

We'll use the content in the overview as a starting point

2

Understanding your needs

We'll work with you to agree what outcomes you want from the course

3

Making it yours

We will shape the content to ensure the course meets your requirements

4

Delivering the skills

We then deliver the course that we've agreed either in-person or online

Make it even more bespoke

We can completely redesign the course to meet your needs. Just tell us what you need, and we can put a no obligation proposal together for you.

Online Training Course

Fun, engaging and interactive – delivered online



Our Stress Management training course can be delivered as a virtual online course.



The same great content reimagined for the online environment.

- ✓ Our open training courses are delivered using Zoom
- ✓ When delivered in-house, we can use the platform you are most comfortable with
- ✓ Re-designed sessions to allow for interactivity and engagement in the online environment
- ✓ The same fun, engaging and down to earth approach
- ✓ Join your course from anywhere

About Us

Here's a bit about us and what we do



We are Revolution Learning and Development

We are a leading learning and development consultancy based in the UK. We provide our services across the UK, Ireland and Europe.

- ✓ We deliver fun, engaging and down to earth training courses in-person and online
- ✓ Over 20 years of training experience
- ✓ Incredibly cost effective and a real focus on return on investment
- ✓ 92% of our clients rebook us for further training and development
- ✓ Flexible training and development solutions

Let's Talk

We're here to help



If you have any questions about our Stress Management course or would like a quote for an in-house course, then just get in touch.

Call Us:

UK: 03333 444575

ROI: 015549779

Email Us:

hello@revolutionlearning.com

Visit Us:

UK: <https://www.revolutionlearning.co.uk>

ROI: <https://www.revolutionlearning.ie>

EU: <https://www.revolutionlearning.com>