

CPD: Stress Management (Online)

Course overview

Stress management is all about taking charge: of your lifestyle, thoughts, emotions, and the way you deal with problems. This workshop will help you explore what stress actually is, how it can affect you and different tools and strategies you can use to manage your stress and stressors.

What will I study?

You will:

- Identify the ways in which stress can affect us
- Gain strategies to manage stress
- Identify tools that can help reduce stress

Assessment method

You will participate in Q&A sessions, discussions and reflections and receive verbal feedback from the tutor throughout the workshop.

Entry requirements

You will be on one of our qualifications courses or have a serious interest in the subject.
You will need a solid understanding of English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

Possible next steps

Following the successful completion of this course, you will be supported to enroll on to other suitable CPD or wellbeing courses or onto other courses.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk

call: 020 8270 4722

