

# Special Focus

## Level 2 Award in Managing Personal Stress (3hrs)



### Aim

To raise delegates' awareness of stress, and to introduce them to techniques used to manage your stress.

### Learning Objectives

- Explain the relationship between pressure and stress
- List the symptoms of stress
- Describe ways of identifying stress
- Describe ways of managing stress

### Certification

Successful candidates will be issued with a certificate valid for 3 years.

### Accreditation

External accreditation is available for this course, if required, through Advantage Accreditation. Additional costs will apply, please contact us.

**Contact our friendly team for details...**