



"Sometimes my role can be really stressful, I need to learn how to recognise the symptoms and learn from them"

Certificate in Stress and Pressure Management (1 day)

Overview: The Certificate in Stress and Pressure Management introduces techniques for managing and exploiting stress and pressure.

The Course: The practical, interactive and supportive learning environment created by this course empowers participants to manage the pressure in their lives.

By recognising the symptoms of pressure, they can deal with negative forces and exploit positive aspects.

The Certificate in Stress and Pressure Management is a one day duration course and on completion all delegates receive a Certificate in Stress and Pressure Management Certification by GoodSense Training.

Course objectives:

By the end of this course delegates will be able to:

- > Understand the nature of pressure
- > Recognise the symptoms of excessive stress in yourself and others
- > Deal with pressure more effectively

Session 1 Introductions

The objective of this session is to help delegates feel comfortable and to define what they want from the programme.

- > Introductions
- > Programme overview
- > Individual objectives and expectations
- > Learning styles
- > Beliefs

Session 2 Understanding The Nature Of Pressure

The objective of this session is to help delegates feel comfortable and to define what they want from the programme.

- > Pressure plays an important role in business life, to a certain degree it helps to encourage and motivate people but it can sometimes become counter productive and disabling. Delegates will explore...
- > How to define pressure
- > Generic and individual causes of pressure
- > Finding optimum levels of pressure
- > The dangers of stress
- > Different behavioural types

Session 3 Recognising Pressure

The symptoms of excessive pressure will be identified, enabling delegates to recognise these in themselves and others. During the session delegates examine:

- > Changes in behaviour
- > Changes in performance
- > The instinctive human response to pressure
- > Changes in thinking
- > Recognising what we can change and influence

Session 4 Practical Guidance

During this session delegates will be encouraged to use a variety of tools for effective pressure management. Delegates are given a range of possible approaches that they can use back in the work place, including:

- > Managing mental state
- > Thinking positively
- > Communicating effectively and using support from others
- > Creating the right environment
- > Adopting appropriate systems and routines

Session 5 Experiencing Freedom From Stress

Sometimes pressure can become too much and it is impossible to focus. This session provides guidance and exercises for the participants to use in order to regain focus and perspective.

Specific areas of focus are:

- > Nutrition
- > Exercise
- > Relaxation and practical techniques

Session 6 Planning And Review

Sometimes pressure can become too much and it is impossible to focus. This session provides guidance and exercises for the participants to use in order to regain focus and perspective.

Specific areas of focus are:

- > Goal setting
- > Making changes

Further information:**Pre-Registration requirements:**

Candidates who register for the BTEC Level 2 Intermediate Award in Physical Restraint Practice must have:

- The physical capability to be able to undertake physical skills training, and
- The personal ability to undertake classroom training and sit written exam papers.

Suitability:

Everyone who finds stress an increasing problem at work or who is seeking to increase their effectiveness through changing old patterns of behaviour.