

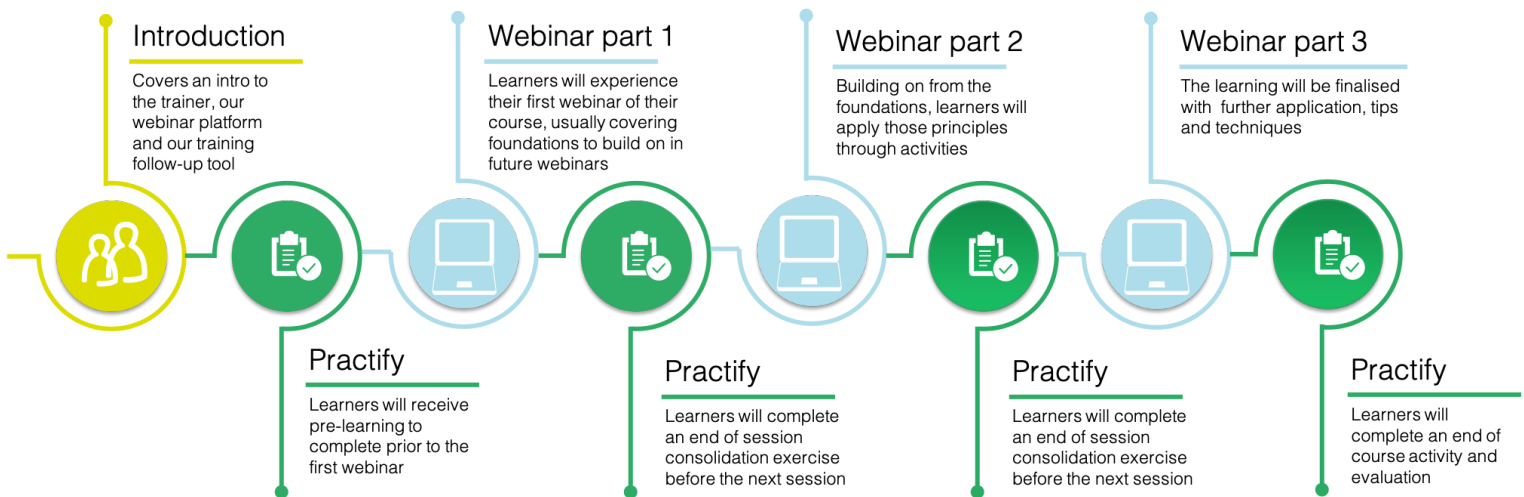


Stress Management

Stress is a common feeling that we all experience, and probably more so in the current environment. But, what really is stress? Is it good for you? And what can you do before stress gets too much?

As part of this month long learning journey, we tackle the above questions and dive deeper into what stress does to us and how we can use it to our advantage. Dealing with stress in the right way is vital for surviving in this VUCA world and we all have different ways that help us. Use this webinar series to find out what works best for you and how to support yourself in this ever-changing world.

Our LockedIn Learning Journey



Key Topics

- Overview of mental health & wellbeing
- Causes of stress
- Impacts of stress
- Techniques to effectively manage stress



Outcomes

- Participants will:
- Differentiate between stress and mental health illness
 - Be able to recognise when they are in a state of stress
 - Apply tools & techniques to manage their stress
 - Support other experiencing stress



Course Includes

- 1 x 30 minute intro webinar
- 3 x 1-hour live webinars
- Learning challenges & tasks
- Pre/Post Assessment
- Dedicated training consultant throughout journey