# Stress at Work

**Who is this course aimed at?**
For people who need to understand the differences between positive and negative stress, how to deal with stress in the workplace and to be aware of how stress affects yourself and those around you

**Course Aims**
To understand the differences between positive and negative stress, how to deal with stress in the workplace and to be aware of how stress affects yourself and those around you

**Learning Outcomes**
By the end of this course you will:

- Know what Stress is
- Be aware what the signs of Stress are
- Understand the differences between work stress and personal stress
- Be aware of what can cause work stress
- Recognise bullying in the workplace
- Know how to look after yourself and manage your own stress
- Understand your roles and responsibilities
- Be aware of the managers roles and responsibilities

**Course available as**

**E-Learning**
**Course Length:** 25 Mins

**Contact Us**
For more information, or to book any of our courses, please contact us on 01706 375578

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