

Stress Management for Individuals



Course Overview

Work-related stress can lead to many health problems. It is one of the leading causes of absence from work and long-term sick leave for employees.

Our Managing Your Personal Stress online course explores what work-related stress is and how it is caused. Learners find out how to recognise the signs of stress and the steps they can take to reduce its impact on their lives.

Course Details

Duration 20 minutes

Languages English

Technical Requirements [↗](#)

Guide Pricing

1+ Licenses	£29 per learner
11+ Licenses	£25 per learner
21+ Licenses	£20 per learner
51+ Licenses	£15 per learner
101+ Licenses	£10 per learner
*guide prices are per learner, per year	

For 150+ learners, please contact us for a quote by telephone or email:

enquiries@delta-net.co.uk
+44 (0)1509 611019

Great Value Package

You can buy this course on its own or for greater value why not buy the full package of Online Health and Safety courses training courses?

For more info visit:
<https://www.delta-net.com/health-and-safety>

