

Coping With Stress

Course Code

WEL/STRES/23/2/K

Time and duration

Start Date: 08 January 2024

Start Time: 12:30

Weeks: 5

Location

Kingsway Learning Centre

Victoria Road

Widnes

WA8 7QY

Description

An informative and relaxed 5-week course for those who would like to discover ways in which to manage their stress more effectively and develop confidence and positive self-belief. You will learn:

How to Identify areas in their lives that are stressful

Understand how stress is shown both physically & emotionally

Recognise & identify stress triggers

Develop a set of coping strategies to combat stress including verbal and non-verbal skills

Mind-set - Developing resilience and an optimistic mind-set and view point

This is a 5 week course and you will need to attend one 2 hour session per week to achieve the course aims.

Course Title:

Coping with Stress

Duration:

5 weeks

Attendance:

One 2 hour session per week

Level:

No qualifications are required

Topics covered:

- Identify areas in their lives that are stressful
- Understand how stress is shown both physically & emotionally
- Recognise & identify stress triggers
- Develop a set of coping strategies to combat stress including verbal and non-verbal skills
- Mind-set - Developing resilience and an optimistic mind-set and view point

How will I be assessed?

There is no exam or formal assessment at the end of this course. You will be given supportive feedback from your tutor on a weekly basis to help you develop your skills

Are there any costs?

There are no costs for this course.

What will this course lead to?

On completion you may want to enrol on another well-being type course to support your development further. Your tutor will give you advice on other progression options.

To find out more or to book a place on the course please contact:

Tel: 0151 511 7788 Email: adult.learning@halton.gov.uk

Curriculum Lead: Stephanie Bartlett

Referral Procedure: Book direct with IDS for induction