

## L1 Award in Stress Awareness

### Course Code

WEL/STRSL1/23/3/K1

### Time and duration

Start Date: 03 June 2024

Start Time: 09:30

Weeks: 5

### Location

Kingsway Learning Centre

Victoria Road

Widnes

WA8 7QY

### Description

This is an excellent course to develop your knowledge and understanding of stress and how it can impact on self and others. You will explore different strategies for managing stress and to support other to manage stress in a healthy and positive way. You will gain a recognised qualification on completion of this course.

### Duration

5 weeks

### Attendance

One 5 hour session per week – 9.30am until 2.30pm

### Entry Requirements

You must hold an Entry 3 Literacy qualification, as a portfolio of work will be created by the learner and formally assessed.

You must be a resident of the Liverpool City Region.

It is suitable for learners who wish to develop their knowledge and understanding of stress, the causes and to recognise when experiencing it and the effects it can have on health and wellbeing. Healthy strategies will be explored to promote confidence and manage stress in daily life and to recognise when specialist help should be gained.

## Topics covered

Understand what is meant by stress

Know the effects of stress

Understand the possible causes of stress and low confidence

Understand how to recognise your own stress and the triggers

Know ways to prevent and reduce the effects of stress and promote confidence

Please note: Halton Adult Learning Service are committed to providing the best and safest learning environment possible. You will also learn about the following subjects:

British Values

Safeguarding

Keeping Safe Online

Prevent & Radicalisation

## How will I be assessed?

Throughout the course you will build up a portfolio of work which will include written work and some research. The portfolio is assessed by your tutor against the qualification criteria. You will be given supportive feedback from your tutor on a weekly basis to help you develop your skills and ensure you are on track to complete your qualification. Successful learners will achieve the NCFE CACHE L1 Award in Stress Awareness.

## Are there any costs?

There are no costs for this course.

## What will this course lead to?

On completion, you may want to enrol onto another well-being or mental health course to support your development further. Details of other courses are listed below.

Level 1 Award in Developing Emotional Resilience

Level 1 Award in Developing Assertive Behaviour

Entry 3 Award in Awareness of Health and Wellbeing

Level 1 Award in Awareness of Mental Health and Wellbeing

Distance Learning qualification at Levels 2 & 3 linked to Mental Health Awareness.

## How do I enrol

For more information, contact Learner Services:

Tel: 0151 511 7788 or email: [adult.learning@halton.gov.uk](mailto:adult.learning@halton.gov.uk)