

Positivity & Resilience – Transforming Stress into Strength

About the Course

Stress is an inevitable part of life, but it's essential to learn how to manage it effectively to maintain overall well-being and achieve success in both personal and professional aspects. This six-session course on Stress Management is designed to equip participants with practical strategies, tools, and techniques to cope with stress, build resilience, and enhance productivity in various areas of life. The course will cover a range of topics, incorporating both theory and interactive exercises to ensure a comprehensive understanding and application of stress management techniques.

This course is part of our specialist programme for personal and professional development; designed for our learners to develop skills to support themselves and others in their personal life and/or professional roles. The course is based on theoretical knowledge and is not a therapeutic forum.

Course Learning Outcomes

- Identify sources of stress in your personal and professional life.
- Recognise the difference between positive and negative stress.
- Develop a personalized stress management plan.

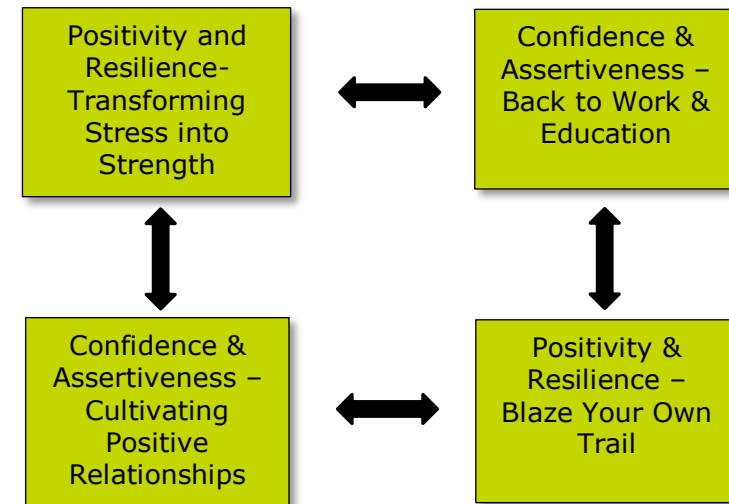
Please note: To successfully complete this course you must commit to 100% attendance and punctuality.

What is needed for the course?

Essential digital skills are needed to enrol on this course.

If you need any additional support, please call us: 02085836000.

Progression Pathway



You might also be interested in:

- Programme for Health, Fitness and Wellbeing
- Programme for Business & Employment to develop your skills in CV writing, Cover Letter writing and Interview skills.

Speak to your tutor, check our website or contact us for more information.

We can also provide you with information, advice and guidance for employment or further learning.

- ▶ Please speak with your tutor or
- ▶ Call 020 8583 6174 to speak to an advisor or
- ▶ Email work@hounslow.gov.uk or
- ▶ Visit www.workhounslow.co.uk