



THE
LEARNING
DEVELOPMENT
GROUP

Introduction

This non-accredited, short programme is Unit Standard aligned and aimed at managers in any sector of business who wish to manage their stress levels and improve their quality of life.

It is highly practical and covers the most important stress management concepts and how to develop strategies to manage stress in ones personal life and in work situations.

Delegates will describe stress in different workplace and personal situations, identify positive and negative stressors, analyse the symptoms, causes and reactions to stress and learn and apply strategies to manage and relieve stress.

Target Audience

This short programme is aimed at executives, leaders, managers and individuals in any business sector, who need to identify and understand their personal reactions to stress and improve their stress management capabilities.

Entry Requirements

- Competence in Communication Literacy at NQF Level 4.
- Competence in Mathematical Literacy at NQF Level 4.

Additional Requirements

- Access to appropriate workplace activities.
- Access to a workplace mentor.
- Access to a PC, software and the internet.

Management & Leadership

Stress Management

Siyanqoba Certificate of Attendance

Aligned to US ID: 15096

NQF Level: 5

Credits: Non-accredited

Course Delivery & Assessment

We use inclass, virtual classroom and blended interactive, facilitated training, group discussions and practical exercises to embed skills.

You will need to:

- Attend all scheduled sessions.
- Demonstrate theoretical and practical understanding of course content.
- Complete and present practical assignments.
- Participate in group activities and discussions.

To receive a Certificate of Attendance for Stress Management, you will need to attend the training and participate in all activities.

Learning Outcomes

By the end of the short programme, you will be able to:

- Explain the concept of stress, with examples.
- Describe stress in personal life and work situations.
- Identify and analyse the causes of stress in personal life and work situations and how they impact on individuals and organisations.
- Understand the range of personal, societal, environmental and organisational stressors.
- Describe physical, emotional, cognitive and behavioural reactions to stress.
- Explain the impact of positive and negative stress on health, work performance and interpersonal relationships.
- Understand theories of stress and the coping strategies suggested.
- Apply strategies to manage stress in personal life and in work situations.





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Course Content

Stress Management

Non-accredited Programme

Aligned to | SAQA ID: 15096 | NQF Level: 5 | Credits : 5

Module 1: Describe stress in personal life and work situations

- Explain the concept of stress with examples
- Identify positive stressors in personal life and own work situation
- Identify negative stressors in personal life and own work situation

Module 2: Analyse the causes of stress in personal life and work situations

- Identify personal stressors and indicate how these stressors impact on the individual and an organisation
- Identify societal stressors and indicate how these stressors impact on the individual and an organisation
- Identify environmental stressors and indicate how these stressors impact on the individual and organisation
- Identify organisational stressors and indicate how these stressors impact on the individual and an organisation
- Analyse the interrelationship of the different stressors for three case studies

Module 3: Describe typical reactions to stress

- Explore typical physical, emotional, cognitive and behavioural reactions to positive stress and indicate how an individual can recognise positive stress in own life
- Explore typical physical, emotional, cognitive and behavioural reactions to negative stress and indicate how an individual can recognise negative stress in own life
- Explain the impact of positive stress and negative stress on health with examples
- Explain the impact of positive stress and negative stress on work performance with examples
- Explain the impact of positive and negative stress on interpersonal relationships with examples

Module 4: Apply strategies to manage stress in personal life and work situations

- Research two theories of stress and indicate the coping strategies suggested by each theory
- Conceptualise proactive and reactive stress management strategies and apply to own life and work situations
- Design a stress management plan to maximise optimal stress levels and to reduce negative stress in personal life and workplace situations

Our Accredited Organisations



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