



Courtenell

Work Health & Safety Training and Consulting

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Stress Less at Work Online Course

This course has been developed to provide you with an understanding of workplace stress and a range of strategies to help you manage stress.

Learning Outcomes

This course provides an understanding of:

- what stress is
- stress in the workplace, and
- building resilience to stress

Estimated Duration

40 minutes

Target Audience

The course has been designed to provide training for all employees in an organisation.

Course features:

- professional voice over & video
- interactive activities
- mobile compatibility
- formative assessments, and
- a certificate of completion.

Cost

The cost is dependent on the number of people to be trained and the length of time they need to have access to the training.



COURTENELL Pty Ltd

as Trustee for the Vowles Family Trust

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