



# Training in Stress Management for Health, Community and Education Professionals

We offer a range of training packages from two hours to half-a-day, through to our more extensive one day training.

All our training programs can be tailored to suit the particular organisation, setting, time constraints and needs of the workplace – shorter sessions can also be delivered upon request. Please see below for further details.

## ***Two Hours Stress Management Training Outline***

If you work in an organisation where you are pressed for time and are not able to offer extended support, then our two hour program is ideal for you.

The two hour training program provides participants with information on:

- understanding stress
- helping clients/young people to learn to manage and reduce stress
- supporting clients/young people with the use of stress reducing tips and strategies

In this training, we provide you with background information to help support your work and help your clients/young people handle their stress more effectively.

## ***Half Day Stress Management Training Outline (3.5hrs)***

If you work in an organisation where you are able to offer a little more support to your clients/young people, and would like to increase your knowledge and skills to enable you to do this, then our half day program is ideal for you.

The half day training program provides participants with information on:

- understanding stress and exploring its sources
- helping clients/young people to learn to deal with and reduce stress at home, and in the workplace/school setting
- encouraging clients/young people to effectively communicate to help manage stressful situations
- supporting clients/young people with the use of stress reducing tips and strategies
- support services available for clients/young people to access

In the half day program, we provide you with more background information to support your work and help your clients/young people manage their stress well with the use of effective communication, and other useful strategies that are quick and easy to use.

## ***One Day Stress Management Training Outline (9am – 4pm)***

If you would like to increase your confidence, knowledge and skills to enable you to provide your clients/young people with more extended support, then our one day program is ideal for you.

The one day training program provides participants with information on:

- understanding stress and exploring the client's/young person's triggers for stress, including work-related/school stress
- supporting decision making and helping clients/young people effectively plan to manage and reduce stress
- helping clients/young people to accept, adapt to and/or avoid stress at home and in the workplace/school setting, and to understand that resolutions can be found
- encouraging clients/young people to be honest about the way they feel and to effectively communicate their emotions to help them better handle stressful situations
- encouraging clients/young people to set SMART goals and to focus on workable solutions that can be implemented; to focus on the things that they can control
- supporting clients/young people with the use of practical relaxation and breathing exercises, including mindfulness and other stress reducing tips
- support services available for clients/young people to access

In this one day program, we provide you with detailed information to support your work with clients/young people who are dealing with personal, professional or school related stress. This includes working with clients/young people at a practical level to help them understand their triggers; the importance of planning; setting realistic goals and highlighting possible solutions, including useful strategies that are effective.

We provide many opportunities in the one day program for reflection and review, with non-threatening group activities incorporated throughout the day.

## ***Interested and would like a quote?***

For a free, no obligation quote on one, or all our training programs, please [contact us](#).

## ***Two Day Training?***

For the moment, the only training we offer over two days is our Smoking Cessation training. If you would like stress management presented over two days, [please get in touch with us](#).