



VIRTUAL INSTRUCTOR-LED TRAINING STRESS MANAGEMENT (1 DAY)

THIS COURSE IS ACCREDITED TO UNIT STANDARD:

Title:	Identify causes of stress and techniques to manage it in the workplace
Unit Standard ID:	244589
NQF Level:	3
Credit Value:	2

INTRODUCTION

This Unit Standard is intended for supervisors, team leaders, managers, peer counsellors, community counsellors and employee lay counsellors who are in a position to create an environment where stress is managed so as to create a healthy and productive workplace where people's problems are recognised, and assistance is available.

A manager in the context of this Unit Standard is the manager of a small business and first line managers of business units, team leaders and supervisors in medium and large organisations. The term business unit implies a small business, cost centre, section or department.

The Unit Standard was developed as a means of contributing to change in leadership focus and empowering managers to look at people issues.

The qualifying learner is capable of:

- Explaining stress and its role in daily living.
- Explaining different ways in which people react to stress.
- Identifying stressors in the workplace and their relationship to work performance.
- Identifying stressors related to home and the greater environment.
- Investigating techniques to manage stress in the workplace.

COURSE CONTENT

Understand Stress

- Explain stress and its role in daily living
- Explain different ways in which people react to stress
- Identify stressors in the workplace and their relationship to work performance
- Identify stressors related to home and the greater environment

Investigate Techniques to Manage Stress in the Workplace

- Explain the relationship between stress and a healthy lifestyle
- Explain the role of attitudes, behaviour and management style in creating an environment in which stress is managed
- Investigate measures that can help to minimise stress in the workplace
- Identify techniques that can help to reduce or manage prolonged individual stress
- Explore stress management techniques to deal with a specific event

Personal Accountability & Commitment Plan

VIRTUAL INSTRUCTOR-LED TRAINING

Participants “attend” virtual classroom training, through the Zoom on-line platform, without having to travel to and from the classroom each day. Courses are divided into several shorter sessions to minimise operational disruptions and improve knowledge retention.

Training is facilitated in real-time, providing the benefit of hands on learning. Delegates interact with the facilitator and each other, as with any other classroom experience. This allows for a cooperative learning environment, where participants can share knowledge, engage in positive discussions and work together.

Benefits of Virtual Instructor-Led Training

- ✚ Virtual training provides flexibility to both the client/delegate and facilitator.
- ✚ Delegates are active participants rather than relying entirely on the instructor.
- ✚ Virtual training is conducive to a more fluid exchange of ideas, focused real-life scenarios and an intensified level of engagement.
- ✚ Information is shared through video, documents, and written notes with learners in real-time.
- ✚ Delegates who have internet connection can learn at anytime and anywhere through virtual learning or through recorded videos.
- ✚ Delegates can participate in discussions and ask questions at any time.
- ✚ Breakout rooms allow delegates to work in groups and complete activities in teams which allows for a rich interactive experience.
- ✚ Access to expert facilitators who may otherwise be unable to visit workplaces due to unforeseen circumstances.
- ✚ Use of slides and video clips enhances virtual learning.

POST COURSE ASSISTANCE

“Contact the Coach” – Bridging Learning for Business Results

We offer a continued learning relationship providing **FREE** access to post course support to embed the knowledge gained. Our advisors are subject matter experts in each area of specialisation.



Delegates can “Contact the Coach” for support, information or assistance with additional questions regarding the application of theory covered during the course.

Personal Accountability & Commitment Plan

Kwelanga is determined to promote and encourage accountability and behaviour change once delegates return to the work place. A Personal Accountability & Commitment Plan is therefore included in each course presented.

Facilitators will guide delegates through the recording of action plan items and will encourage them to show their Personal Post Course Accountability & Commitment Plan to their up-line on their return to work so accountability is created. This tool will also be useful for monthly one-on-one development discussions.

On-Line Knowledge Hub

All delegates attending Kwelanga Training courses have **FREE** access to post course on-line resources. Up-to-date, convenient and easily accessible information, relevant to the programme attended, is available. Tools include case studies, articles, exercises and other valuable information which will reinforce course content and assist in transferring knowledge and skills to the workplace.



OUR COMMITMENT TO YOU ...

Kwelanga Training's Commitment

*To develop and inspire each individual to be the best that they can be.
To assist clients in the transfer of skills and positive behaviour change.*

For more information contact us on:

Email: info@kwelangatraining.co.za

Johannesburg: +27 11 704 0720

Cape Town: +27 21 683 4084

Durban: +27 31 266 2808

Website: www.kwelangatraining.co.za