



TRAINING SUMMARY

RSMac Consulting Inc.
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<u>COURSE NAME</u>	STRESS BUSTERS	<u>LENGTH</u>	60 mins
<u>COST</u>	\$49.99	<u>LANGUAGE</u>	English
		<u>VOICEOVER</u>	Yes

DESCRIPTION

Stress affects most of us. It's how our mind and body reacts to changes. Being able to recognize and identify what causes stress is important to being able to manage it in a way that will prevent physical or mental illness. This course is designed to help employees manage stress, whether at home, work, or play. Material covered includes looking at what stress is, symptoms of stress, recognizing the causes of stress, and methods to reduce stress.

LEARNED TOPICS/OBJECTIVES

Upon successful completion of the program, you will be knowledgeable and/or demonstrate proficiency in understanding:

- What is stress.
- Symptoms of stress.
- Recognizing the causes of stress.
- Methods to reduce stress.

ASSESSMENT

Upon successful completion of this online course, a certificate of completion will be available for download and printing.

Discounted pricing starts at 3 or more courses. Pricing available for individuals or companies. Contact RSMac Consulting Inc's Learning Centre team directly at training@rsmac.ca for a quote on volume discounts and discuss our Learning Management System for companies.