



## What you'll study on the Stress management course

Subjects will not necessarily be done in the order below.

### **Module One**

An introduction to Stress Management

### **Module Two**

Stress related anatomy & physiology

### **Module Three**

Recognising the symptoms of stress

### **Module Four**

Stress and the flight, or flight response.

### **Module Five**

Relaxation and meditation. Tools for transformation



## Module Six

At home with stress an NLP approach to stress reduction

## Module Seven

Stress within the workplace and its reduction

## Module Eight

Putting it all together

• Price:	£244.50 incl VAT - <a href="#">payment options</a>
• Aimed at:	People looking to effectively deal with the stress in their lives
• Duration:	Flexible - around 3 - 6 months
• Accreditation:	<a href="#">ODLQC / ABCC</a>
• Qualification:	Diploma

Enrol now