

accredited training



Stress management and mental health in the workplace



Advice Skills Academy will be running Level 3 accredited training in Stress management and mental health in the workplace in September 2018.

Accredited by the Institute of Leadership and Management (ILM), the units covered will be:

- **Understanding stress management in the workplace**
- **Understanding mental health in the workplace**

This Level 3 accredited training is ideal for those who are in a supervisor, team leader, or management role, or those who are interested in gaining skills to move into these roles.

Delivered over 2 days, this course will help learners understand the causes and impacts of stress in the workplace; practical stress management techniques; the relevance of mental health in the workplace; and common mental health illnesses.

If you're interested in doing this accredited training please speak to your ASA Link staff member

To do the accredited training you must be:

- ◆ Signed up to the Advice Skills Academy project
- ◆ Willing to study and complete written assignments outside of the training sessions
- ◆ Must have sign-off from your CEO

