



Stress Aware and Self Care



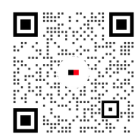
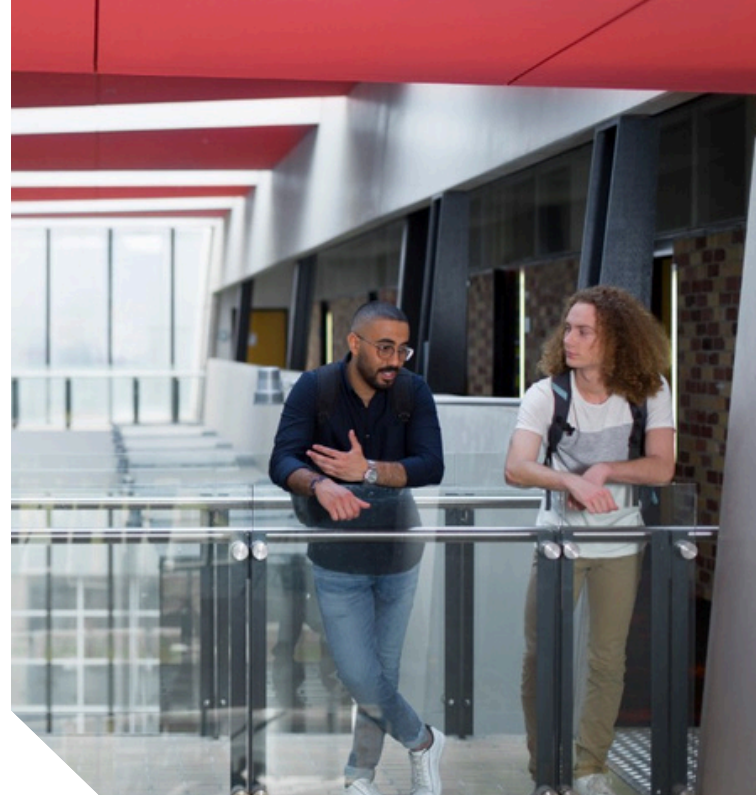
Stress Aware and Self Care

🕒 2 hours 📍 Face-to-face, Live Online 💰 250

Stress Aware and Self Care is a transformative 2-hour session dedicated to redefining your relationship with stress.

At its core, stress arises from our body's reaction to the pressures stemming from various situations or life occurrences.

Rooted in the understanding of stress's origins and impacts, this workshop provides you with techniques to cultivate self-care, ensuring holistic wellbeing in the face of life's many challenges.



Discover more at swi.nu/example

Learning outcomes

Upon completion of this course, participants will be able to:

- Acquire a deeper understanding of the fundamental causes and effects of stress
- Recognise the detrimental impacts of unchecked stress, from burnout to mental health complications
- Develop a comprehensive self-care plan tailored to individual needs
- Cultivate a compassionate response to personal and external stressors

Skills outcomes

Through this course, participants will develop the following skills and knowledge:

- How to recognise stress and its triggers
- Communication
- Empathy and emotional intelligence
- Stress management skills

What you can expect

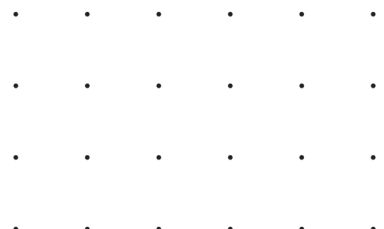
- learn alongside professional peers, enhancing your network
- the immediate knowledge and confidence to implement your new skills.

Pre-course work

There are no pre-requirements for this course.

Who should attend?

This short course is for anyone who wants to understand stress, its triggers, and helpful ways to improve stress management in the workplace.



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The Swinburne Edge difference

Swinburne Edge is a division of Swinburne University that exclusively services professionals. We offer professional development to people with existing skills and experience, who are ready to up-skill or formalise their skills for their next career stage.


Immerse yourself in a Swinburne Edge short course or qualification to enhance your current knowledge with fast-tracked, practical learning that gets you to your goal faster.

For further information, contact our Continuing Professional Education Advisors on 1800 633 560 or edge@swinburne.edu.au.





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