



Recognise, manage and protect your wellbeing in the workplace

Study CSCSS00009 - Professional Wellbeing and Resilience Skill Set

Includes HLTWHS006 - Manage personal stressors in the work environment.

This Skill Set addresses the skills required for individuals to protect and manage their own wellbeing and resilience in the work environment.

This unit describes the skills and knowledge required to maintain health and wellbeing by preventing and managing personal stress.

This unit applies to work in a range of health and community services settings, in particular work roles that operate in high stress situations and circumstances.

Course Fee: \$350

- Includes 3 x group ZOOM sessions with your trainer and assessor
- Resources required to complete assessment
- A nationally recognised statement of Attainment once successfully completed

This course will help you ...

- Develop a personal stress management plan that includes identified sources, triggers and responses to stress.
- Strategies to manage stressful situations in the workplace involving colleagues and/or clients
- Develop strategies to manage personal stress
- Implement stress management strategies
- Evaluate stress reducing strategies

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