

# Stress Management Trainer

Trainer Resource Handout  
Free Resource | [trainerresources.com](http://trainerresources.com)

## About This Handout

This handout is designed for use by **Stress Management Trainers** as a delegate resource. It covers the key knowledge areas, legislation, and practical skills required for the course. Delegates may retain this handout for future reference.

## Learning Outcomes

By the end of this course, delegates will be able to:

- Understand the causes and consequences of work-related stress
- Apply the HSE Management Standards
- Conduct a stress risk assessment
- Implement individual and organisational interventions
- Deliver effective stress management training

## Key Legislation & Standards

## Core Knowledge — Stress Management Trainer

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## Practical Skills & Key Points

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### Key Facts to Remember

