

# ■ 1-Day Stress Management Trainer — Lesson Plan

Free Trainer Resource | [trainerresources.com](http://trainerresources.com) | [abertaytraining.co.uk](http://abertaytraining.co.uk)

<b>Course:</b> Stress Management Trainer	<b>Duration:</b> 1 Day (6 hours)	<b>Max Delegates:</b> 12	<b>Level:</b> Introductory/Intermediate
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## Session Schedule

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## Assessment & Certification

<ul style="list-style-type: none"><li>• Multiple choice knowledge assessment (15 questions, 80% pass mark)</li><li>• Practical observation checklist</li><li>• Delegate feedback form</li><li>• CPD certificate issued on successful completion</li></ul>	<p><b>Certification Body:</b> SafeCert Awards / TQUK</p> <p><b>Certificate Valid:</b> 3 years</p> <p><b>Renewal:</b> Refresher course available</p> <p><b>More info:</b> <a href="https://stressmanagementtrainer.com">https://stressmanagementtrainer.com</a></p>
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Want to deliver this course? Become an accredited Stress Management Trainer — visit <https://stressmanagementtrainer.com> or call 0333 500 5000 | [abertaytraining.co.uk](http://abertaytraining.co.uk)