



Management of Stress is a vital part in the current lifestyle of many people. Due increased demands both professionally and personally Stress has become the major factor contributing to depression, heart disease and various other ailments. Manageing stress effectively will enable for a better lifestyle all around.

The Stress management course is developed for health professionals who counsel stressed patients, for Managers who are wanting to enhance their knowledge in Stress Management to enable them to become better managers or for people who would like to learn how to effectively manage Stress.

For full course outline [Click here](#).



Stress Management

What you get once you enrol:

- Full access to course materials (lessons, assignments, self assessment tests) on our online Moodle platform
- Full Tutor support through out the course via email and Phone
- Option to do the course on CD if Internet connection is a problem
- Supplementary materials like extra articles, news and information added into your online account through out the course
- Career advice
- All Assignment corrections and feedback included

Course Duration: 120 hours of study. You can spread out the hours any way it suits you. Most people complete the course in 6 months to 10 months. We require you to submit at least 1 assignment per month. Ideally once you complete studying a lesson it follows with an assignment which you can complete and submit to your tutor. You can get an extension with prior tutor approval.

Exam: At the end of the course you will be required to undertake an exam and pass it to get your Certificate.

What happens once you finish the course?

You will be awarded with your certificate

You can either advance your studies or work in the industry with a better understanding of the subject.

You can discuss with your tutor about your career options.

RECOGNITIONS

WE ARE RECOGNISED BY:
INTERNATIONAL
ACCREDITATION AND
RECOGNITION COUNCIL



Articulations

Health Schools Australia – Health schools offers nationally accredited Advanced Diplomas in various Natural and complementary medicine and nutrition. We have articulated with Health schools so that our students get credits for the course they have undertaken with us in case they wish to pursue higher studies.

We also have articulations with **Warnborough College** in the UK and **NSW School of Massage**.

Higher Psychology courses are recognised by **Australian Counseling Association**.

Contact us

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Affordable Online Health Courses