

OCR Diploma in stress management

Training the trainers

11, 12, 13 January and 8, 9, 10 March 2005



Health
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Agency

Stress Management

The importance of teaching stress management in the workplace is becoming increasingly recognised, as is the need for appropriately qualified trainers. This Oxford, Cambridge and RSA (OCR) Examination Board Diploma course in stress management is designed to help participants develop the skills and competence to carry out stress management training. It also aims to provide a good basic understanding of the causes and physiology of stress, stress-related problems, alleviation methods and coping strategies.

Basic communication, presentation and teaching skills are included to enable successful participants to run stress management groups or in-house stress awareness training. This course is delivered in two modules of three training days each, with an interval of approximately eight weeks between modules.

Potential participants

This course will benefit all professionals with a core interest in learning about the management of stress. It is particularly suitable for health professionals (in areas such as health promotion, primary care or occupational health), personnel and management trainers, social workers and teachers.

Date of course

11, 12, 13 January and 8, 9, 10 March 2005

Venue

Grosvenor House Conference and Training Centre, Belfast

Facilitators

Jane Thomas is principal trainer of the company Living with Stress Ltd and has been involved with running the OCR diploma course and other stress management courses for the past 10 years. Her background is in the NHS where she specialised in cardiac rehabilitation and more recently as a trainer in personal development skills, team building and absence management. Jane runs workshops for managers on tackling stress at work, self-awareness (emotional intelligence) and leadership skills, in addition to courses on developing wellbeing and performance at work. Jane is Vice Chair of the International Stress Management Association.

Bev McKay began her career in nursing and is a qualified Registered General Nurse. An interest in diabetes led to her successfully gaining a Diploma in Diabetes Management. Bev has certificates in counselling skills and she is an experienced trainer, having taught stress awareness skills to a large number of public sector employees, as well as helping GCSE students to manage pre-exam stress. A specific area of expertise is mentoring and coaching on stress management courses. Bev is a full member of the International Stress Management Association.

Booking

Booking forms are available to download or submit online at:
www.healthpromotionagency.co.uk

Closing date for applications

17 December 2004

Cost

£430

Additional information for applicants

This is an accredited diploma course and the following is an indication of the time required to complete the various activities involved:

• Pre-course preparation time, ie reading, research, answering pre-course questionnaire, etc	12 hours
• Course attendance for six days (including one-to-one contact with tutors)	42 hours
• Non-course teaching, including preparation time and lesson planning	15 hours
• Research, writing of essays, reports and plans as evidence of knowledge and understanding	20 hours
• Portfolio building and collating of evidence	20 hours
• Cross-referencing	3 hours
Total	112 hours

This equates to approximately 16 working days and indicates that about 10 working days need to be allocated in addition to the course itself. While this may vary between candidates, it is a guide to the expected time that may be required.

Many candidates may already have evidence that they wish to submit. They may also have many hours of teaching experience, possibly related to stress management. This can also be submitted as evidence providing it is recent.

Online support will be given where necessary.



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