



# Stress Management and Wellness in the Workplace

## External Course

### Sonic HealthPlus Training Overview

Sonic HealthPlus is a trusted provider of workplace health and general medicine. With over 50 years' experience we understand the important role education plays in fostering a safe working environment. And it is for this reason we offer a number of training programs across the following topics:



Drug and Alcohol



Manual Handling



Ergonomics



Fatigue and Stress



Work Health and Safety



Rehabilitation and Returning to Work

Our programs are developed with flexibility and accessibility in mind, and are available in a range of formats including online and face-to-face.

### Course Overview

Stress is a growing concern in our complex modern world. Prolonged high stress has been linked to a number of adverse health effects such as cardiovascular disease, gastrointestinal disorders, depression, anxiety, and mental illness.

Workplaces have a considerable influence on the stress levels of their employees. If an employee is stressed, it may lead to a decrease in morale, increased fatigue levels, a higher risk of an accident in the workplace, absenteeism, and lost productivity.

#### This training program covers:

- Understanding stress
- Identifying triggers of stress
- Immediate and prolonged consequences of stress
- Coping strategies, and
- Prevent techniques.



**Course Suitability**

The Sonic HealthPlus Stress Management and Wellness in the Workplace training program has been designed to equip employees with stress awareness skills and stress management techniques.

**Course Status:** Non-accredited.**Delivery Mode:** Face-to-face training.**Dates:** Sonic HealthPlus will endeavour to deliver training on a day and time that meets your needs.**Course Cost:** \$450.00 per session, maximum of 15 participants per session. Additional course costs may include mileage, flights, meals, and accommodation.**Certificate Issuance** We can issue certificates of attendance.**Course Duration:** 1.5 hours.**Course Location:** Training can be provided at your worksite, or if you prefer, at one of our clinics nearest to you.**Assessments:** There are no assessments in this training program.**Cancellation and Refunds:**

Generally a two week lead time is required for scheduling training; however Sonic HealthPlus is flexible and will work to accommodate your, training dates and requests where possible.

All services delivered outside standard office hours, including weekends will incur a 25% surcharge. Cancellation fees will apply in the event training services are cancelled.

### Sonic HealthPlus Terms and Conditions

For Sonic HealthPlus' Terms and Conditions please visit [www.sonichealthplus.com.au](http://www.sonichealthplus.com.au) (Terms) or contact us directly.

### Next Steps

Should you wish to progress the training program further please contact us on [training@sonichealthplus.com.au](mailto:training@sonichealthplus.com.au) or phone 1300 793 004.

