



Personal Stress Management Online

Corporate Clients

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

We have all experienced stress at some point in our lives, whether it be related to home life or work. Knowing what causes stress can help a person deal with the stress and provide mental and emotional relief.

This interactive course will see you completing self-reflective activities to identify your areas of stress and how you can change your responses to the stress. It will also give you insight into gaining control, and give you techniques to make healthy changes in your lifestyle to combat high stress levels.


This training program covers:


- Defining stress
- Effects of stress
- Managing stress with exercise, nutrition, social support, sleep and relaxation, and
- Making changes to reduce stress with time management, assertive communication and goal setting techniques.


 **Course Suitability**

This Personal Stress Management training program is suitable for any person who wants to equip themselves with knowledge and skills to deal with stress.

 **Course Status:** Non-accredited.

 **Course Duration:** Self-paced, up to 2 hours.

 **Dates:** Enrol at any time.


 **Entry Requirements:**

To participate you need to know how to:


- Use Microsoft Office – including Outlook (emails)
- Use Chrome
- Open, download, and upload documents
- And save documents.


 **Course Cost:**

\$40.00/person for < 20 persons
\$32.00/person for <100 persons
\$28.00/person for >100 persons

 **Certificate Issuance** Upon completion we will issue a Certificate of Completion.


 **Delivery Mode:** Online.

 **Assessments:** There are no assessments in this training program.

 **Resources Required:**

You will need access to:

- A computer
- A printer
- Web browser software e.g. Chrome or Adobe
- Internet.

 **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 request where possible.

All service delivered outside standard office hours, including weekends will incur a 25% surcharge.

Cancellation fees will apply in the events training services are cancelled.

Sonic HealthPlus Terms and Conditions

For Sonic HealthPlus' Terms and Conditions please visit 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 or phone 1300 793 004.

