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**Course Certification Info**

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**Workplace Stress**

Type: IFT (Intensified Format)      Status: Approved

Version: 1.0      Cert. Number: 128-79975

Created By:      Created Date: 1/1/1900

Last Modified By:      Last Modified Date: 5/7/2020

**Course Information**

Est. Class Size: 0      Course Hours: 1

Primary Population:      Delivery Method: ILT – Instructor Lead Training

Agency Specific: No

**Course Summary:**

Stress is one of the leading causes for reduced productivity in the workplace. Stress can also cause worker illness to the point of missing days of work, which makes it an important issue for employers as well as employees. Stress is present everywhere decisions are made, it becomes a problem when these decisions conflict. Actions and their consequences cause stress, although not all stress is negative, a certain amount of stress is necessary to survive.

Contact: Training Mgr  
Phone: 530-265-1291

**Provider Information**

Provider Name: Nevada County Sheriff's Office

Contact: Training Manager      950 Maidu Avenue  
Phone: 530-265-1598      Nevada City, CA 95959  
Fax: (530) 470-8538

Course will exceed the STC maximum tuition of \$12.50 an hour? No

**Performance Objectives**

1) Define what workplace stress is 2) Identify the symptoms of stress 3) Identify ways of dealing with stress in the workplace 4) Identify ways to change responses to stress 5) Manage life 6) Apply relaxation management techniques 7) Apply time management skills 8) Identify when external help is needed 9) Demonstrate stress survival skills 10) Differentiate between positive and negative stress

**Testing Procedures (if applicable)**

**Assurance Statement**

By submitting this course you are assuring that you are following the STC Policies and Procedures Manual for Training Providers, including the requirement to have a lesson plan on file for this course. I further certify that the information included in this request is accurate to the best of my knowledge.

Assured by Provider: Yes

**Versions**

Previous versions of this certification				
Cert #	Course Title	Expires	Last Changed ▲	Status
128-79975	Workplace Stress	1/1/1900	5/3/2018	Archived
128-79975	Workplace Stress	1/1/1900	5/7/2020	Archived

**Change History**

Changes made to this certification

**Attachments**

Attachments for this certification

Edit

**Instructors**

Course instructors

Edit

Delete

I Instructor, IFT

**Course Outline**

Edit

Day	Begin	End	Subject Matter	Instructional Methodology	Instructor	Agency Notes
1	0800	0900	1) Define what workplace stress is 2) Identify the symptoms of stress 3) Identify ways of dealing with stress in the workplace 4) Identify ways to change responses to stress 5) Manage life 6) Apply relaxation management techniques 7) Apply time management skills 8) Identify when external help is needed 9) Demonstrate stress survival skills 10) Differentiate between positive and negative stress	"Audio/Video Clip"	"Instructor, IFT"	

1 event(s) total