


[HOME](#)
[MY CATALOG](#)
[MY HISTORY](#)
[MY FORUMS](#)
[MANAGE CERTIFICATIONS](#)
[REPORTS](#)
[MY AGENCY](#)

[Home](#) > [Course Certifications](#) > [Course Certification Info](#)

Course Certification Info

[Edit](#)
[Close](#)
[Create Working Copy](#)
[Copy Shortcut](#)

Workplace Stress

Type: IFT (Intensified Format)

Status: Approved

Version: 1.0

Cert. Number: 128-79975

Certification Date: 1/1/1900

Expiration Date: 3/30/2024

Created By:

Created Date: 1/1/1900

Last Modified By:

Last Modified Date: 3/30/2022

Course Information

Est. Class Size: 0

Course Hours: 1

Primary Population:

Agency Specific: No

Delivery Method: ILT – Instructor Lead Training

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: Phone: 5302651291

Provider Information

Provider Name: Nevada County Sheriff's Office

Contact:

Phone: 5302651291

Fax: (530) 470-8538

925 Maidu Ave

Nevada City, CA 95959

Course will exceed the STC maximum tuition per 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

<i>Previous versions of this certification</i>				
Cert #	Course Title	Expires	Last Changed ▲	Status

Change History

<i>Changes made to this certification</i>	View All

Attachments

<i>Attachments for this certification</i>	Edit

Instructors

<i>Course instructors</i>	Edit	Delete
I Instructor, IFT		

Course Outline

<i>Course Outline</i>							Edit
Day	Begin	End	Subject Matter	Instructional Methodology	Instructor	Agency Notes	
1	0800	0900	1) Define what workplace stress is 2) Identify the	"Audio/Video Clip"	"Instructor, IFT"		

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

1 event(s) total

Schedule

Course dates and locations

Edit

Event ID	Start Date ▼	End Date	Location	Registration Count
	6/17/2017	6/17/2018		

1 date(s) total