



DURATION
(REGULAR) 1 YEAR
(FAST TRACK) 3 MONTHS

ELIGIBILITY: 10TH PASS

WORK EXPERIENCE: 2 YEARS

DIPLOMA IN STRESS MANAGEMENT

COURSE DESCRIPTION

A stress management certificate programme teaches students about many ways to distress as well as frequent sources of stress. The course covers stress-related difficulties as well as symptoms to watch for in yourself and others. Life might appear to be unnecessarily hectic at times. It is a rather typical occurrence, and we must all learn to deal with it. Nonetheless, there are moments when it looks unattainable. This course gives good insights into the origins and signs of stress and leads you through basic de-stressing practises that you may apply on a regular basis. You will be significantly better prepared at the conclusion of the course to deal with stress in your own life or to aid a friend in need. You will learn from the instructions on how to be aggressive, how to analyse your own personality type for stress management, and how to utilise problem-focused and problem-adaptive copying strategies in a range of difficult scenarios.

ABOUT US

In order to integrate the personnel strategy with the employer's business, we are devoted to providing qualified, talented, and professional manpower solutions to all sectors. We also provide a variety of training options to our applicants since we think it is important to support their professional development and excellence. With a large pool of applicants ranging from recent graduates to senior jobs, Job Scan can locate, screen, assess, and select prospects who meet the requirements of the hiring manager. Using our high standards for behaviors, and we respect the contributions of each customer and applicant we work with.

SUBJECTS

- **MANAGEMENT FUNDAMENTALS**
- **SOCIAL SKILLS**
- **DISPUTE MANAGEMENT**
- **EMOTIONAL EMPATHY**
- **HANDLING STRESS**

EXAM AND DURATION

ONLINE EXAM: 2HRS/PAPER

TOTAL FEES: RS : 17,000

INTERNATIONAL FEES : \$ 300