

## **Loss, stress and bereavement**

This one-day course **aims** to increase understanding of the feelings associated with loss and bereavement and to help participants to recognise and manage feelings of stress.

### **Learning outcomes**

- Identify the main symptoms of stress.
- Explain the main stages in dealing with loss, stress and change.
- Demonstrate a range of skills required to manage stress.
- Demonstrate the ability to respond to stress, loss and change in the care and support setting.

This course be redesigned and tailored to meet your specific requirements.

To request further information or to discuss your requirements please [contact sylvia@beechestraining.co.uk](mailto:sylvia@beechestraining.co.uk)