



**STRESS  
MANAGEMENT  
INSTITUTE®**  
*Global Leaders in Stress Management*

## **Stress Management Practitioner Training**

### **Help Individuals and Organisations With Their Stress Management**

Begin your career with the 10420NAT Certificate IV in Stress Management Practitioner qualification through Stress Management Institute® in the evolving area of stress relief and stress management. This qualification is offered in partnership with Priority Management Australia Pty Ltd, a registered training organisation (provider number 90911).

You'll learn about the science behind stress relief and stress management, and develop many tools and strategies to support the cross section of your future client base.

This course is taught by experienced practitioners, and includes plenty of hands-on experience with stressed individuals, so that course graduates will find it easy to transition into their new career, consulting with their own clients. Therefore, the course assessment includes completing a minimum of 20 x ½ hour client sessions. Students can complete the practical training component of the course from their office or home, in person or via telephone or Skype. This training gives you the opportunity to work with clients, either locally, interstate, or overseas.

Those interested in a career or a business in stress management will note that the course also includes 60% of the course BSB40212 Certificate IV in Business. This not only enables graduates to use this knowledge to build and market their own business, but also provides credit towards further business certification should graduates wish to pursue it.

### **At a Glance**

Qualification	10420NAT Certificate IV in Stress Management Practitioner
Recognition	Nationally recognised - meets Australian Skills Qualifications Authority (ASQA) framework standards. Graduates will have also completed 60% of BSB40212 Certificate IV in Business.
Provider	Stress Management Institute® ( <a href="http://www.stressmanagementinstitute.org">www.stressmanagementinstitute.org</a> ) and Priority Management Australia Pty Ltd, a registered training organisation (provider number 90911).
Prerequisites	Mature minded. No specific educational background necessary, but life experience is required. Students must attend in person or online the Stress to Strength Experience 2 day seminar early in their training.
Study mode	1. In class 2. Online - Contact us about this: <a href="mailto:info@stressmanagementinstitute.org">info@stressmanagementinstitute.org</a>

Location	1. Either in-class training in Brisbane, Australia, or Online. 2. Practical training component from home, office, or over phone/Skype.
Study load	Part-time: 12 months duration, consisting of 4 x 3 day classroom or online modules, 1 x 2 day STS Experience workshop live or online, optional monthly group coaching Q & A webinars, weekly support emailed E-classes for the Stress Management For Life program, unlimited email support.
Assessment	Written and practical assignments, plus clinical coaching sessions with clients.
Start date	Four in-class start dates each year, in March, May, August, or November. Start online anytime.
Payment	Monthly payment plan.

### **What You'll Learn**

Become trained in:

- stress management techniques, tools, and strategies
- specialised stress management strategic coaching
- meditation and visualisation techniques
- group facilitation and presentations skills
- small business management skills

### **Career Outcomes**

You will be qualified to work as a Stress Management Practitioner in:

- As a "bolt-on" qualification to your current health care, coaching, or other qualifications
- Private practice, in your own business
- Employed to work in-house by companies, clubs, or other organisations
- For private use or interest

### **Course Structure**

**Total Units of Study: 10**

#### **Units on Stress to Strength Tools and Strategies**

- STSSRS401A Identify and Define Stress Triggers to Promote Health and Wellness
- STSSST403A Develop Stress to Strength Tools
- STSGLM404A Create, Implement and Monitor Goals and Life Mapping with the Client
- STSLCS405A Establish and Provide Life Coaching Services for Stressed Individuals

#### **Units on Business Practice**

- BSBCMM401A Make a Presentation
- BSBCUS402B Address Customer Needs
- BSBSMB403A Market the Small Business
- BSBMKG413A Promote Products and Services
- BSBREL402A Build Client Relationships and Business Networks
- BSBRSK401A Identify Risk and Apply Risk Management Processes

## Course Features

- VET, nationally recognised in Australia
- Flexible study options to commence at any of 4 different times throughout the year, or
  - any time if studying online
- Hands on training and experience
- You can gain prior learning credit from this course if you choose to go on to do a
  - BSB40212 Certificate IV in Business.
- Access to the secret Facebook page for course students

## Prerequisites

- Mature minded
- You **don't need** any prior knowledge or experience in health care, but life experience is required
- Students need to attend the Stress to Strength Experience 2 day seminar (or the online version of this) early in their training.

## \*\* RPL Credits May Apply

\*\* If you hold a Cert IV in Business, a Bachelor's or Master's Degree in Business , Marketing or other business qualification you may be eligible to apply for Recognition of Prior Learning (RPL) credits for the five Units on Business Practice. Also possible is to gain a Credit Transfer if you have the exact units listed above. Please email [info@stressmanagementinstitute.org](mailto:info@stressmanagementinstitute.org) to see how this may apply to you.