

STRESS MANAGEMENT as part of the National Diploma in Marketing

INTRODUCTION

Stress is part of everyday life in today's world of work. The employee's ability to successfully cope with this and manage stress effectively will to a large extent determine success in Business Environment of today.

ENTRY LEVEL REQUIREMENTS

Learners accessing this Qualification should be competent in:

- Communication NQF Level 3 or equivalent
- Mathematical Literacy NQF Level 3 or equivalent
- Computer Literacy NQF Level 3 or equivalent.

SPECIFIC OUTCOMES

To promote the development of knowledge and skills as follows:

- Describe stress in personal life and work situations.
- Analyse the causes of stress in personal life and work situations.
- Describe typical reactions to stress.
- Apply strategies to manage stress in personal life and work situations.



Knowledge Leadership and Management

UNIT STANDARDS

| ID | UNIT STANDARD TITLE | LEVEL | CREDITS |
|--------------|--|---------|----------|
| 15096 | Demonstrate an understanding of stress in order to apply strategies to achieve optimal stress levels in personal and work situations | Level 5 | 5 |
| TOTAL | | | 5 |

CRITICAL CROSS-FIELD OUTCOMES

Identifying

The learner is able to identify and solve problems and make decisions in designing a plan to maximise optimal stress levels and reduce negative stressors in personal life and work situations.

Organizing

The learner is able to organise and manage him/herself in recognising stressors in personal life and work situations and planning to maximise optimal stress levels in personal life and work situations.

Collecting

The learner is able to collect, organise and critically evaluate information in researching theories of stress.

Demonstrating

The learner is able to demonstrate an understanding of the world as a set of related systems by identifying the interrelationship of different stressors in case studies.



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