

The logo for TrainerQuals, featuring the word 'Trainer' in a serif font and 'Quals' in a larger, more decorative serif font, both in white against a dark blue background.

TrainerQuals

A close-up photograph of a man with dark hair and a light beard, wearing a blue and white striped shirt. He is looking off to the right with a slight smile. In the background, other people are blurred, suggesting a group setting.

# TrainerQuals Level 3 Award Stress Awareness Trainer

TQ853/L3

## Introduction

This specification is designed to ensure that trainers / training providers who are accredited to deliver training leading to the achievement of this Award provide their learners with everything they need to achieve the required standard in a learner focused way.

## Award Overview

Training providers will need to ensure that their learners have the competence, materials and a support structure in place to be able to deliver informative courses with regard to the measures required to ensure Stress Awareness within a variety of working environments.

This Award has been developed at Level 3.

For new learners the recommended learning hours for this Award is 12 hours and for learners updating their skills the recommended learning hours is 6 hours.

This Award is valid for 2 years.

## Award Learning Outcomes

At the end of training the learner will be able to:

- TQ853/01 Describe what is meant by the term 'stress'
- TQ853/02 Explain the UK context of stress
- TQ853/03 Recognise the organisational impact of stress
- TQ853/04 Understand the legal implications of not managing stress
- TQ853/05 Understand what can be done to manage stress in our lives
- TQ853/07 Train others in Stress Awareness measures required within a variety of working environments

## Achieving this Award

- The learner must achieve a minimum 75% assessment score on the TrainerQuals examination paper used to assess knowledge of the subject
- The learner will be required to undertake an assessment regarding their presentation skills

Certification by TrainerQuals Awarding Body is only available for learners who successfully complete the Award learning outcomes.

## Learning Materials

Trainers / training providers delivering training courses leading to the achievement of this Award must be able to show how the training materials being provided to their learners will meet the Award learning outcomes.

To ensure that there is consistency of training learners must be provided with the following resources as part of their training:

- Trainer Pack / Notes giving a step by step procedure
- Workbook for their own learners \*
- PowerPoint Presentation \*
- Supporting Training Materials \*
- Training Aids (where required) \*
- Question & Answer Papers \*
- Course Evaluation Forms \*
- Details of how to access on-going support offered by the training provider

All materials must be included as part of the advertised course fee, with no item being sold or ordered separately after the course.

\* These items should be provided at the training in CD format or similar device for the learner to access immediately.

## Accredited Centres

Training courses leading to the achievement of this Award can only be delivered and assessed by trainers / training providers who have undertaken a rigorous approval process to become a TrainerQuals Accredited Centre.

## Trainer Requirements

Accredited Centre registered trainers who deliver training courses leading to the achievement of this Award must have occupational competence in the area they are training.

Trainers must also hold an accredited certificate showing assessment of their trainer / presentation skills.

## Award Certification

A TrainerQuals Accredited Certificate & Learning Outcomes Summary will assist in showing regulatory and inspecting bodies that a learner has achieved the required learning outcomes.

## Contact Information

The TrainerQuals Accredited Centre can be contacted by any of the following:

Trainer Courses Ltd  
(TrainerQuals Accredited Centre No. 624820)

t. 0800 644 68 45  
e. [info@trainercourses.com](mailto:info@trainercourses.com)  
w. [www.trainercourses.com](http://www.trainercourses.com)