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Session Plan Example

CPD Workplace Mental Health and Well-Being Instructor Course

Session Plan Template

Name:	Sue Landsberg	Date:	20/08/2024
Location:	Remote via Zoom	Time & Duration:	10 minutes
Group:	Mental Health and Well-Being Learning Instructors	Number of Learners:	10
Topic:	Introduction to Stress Management Techniques		
Aim(s):	This training aims to introduce learners to basic stress management techniques that can be applied in the workplace.		
Objectives	<ol style="list-style-type: none"> 1.To explain how stress affects mental health in the workplace. 2.To list at least three common signs of stress. 3.To describe the steps involved in two specific stress management techniques, such as deep breathing. 4.To demonstrate the deep breathing technique accurately and guide others through the process. 5.To reflect on experiences using stress management techniques. 		
Outcomes	<ul style="list-style-type: none"> • Understand the concept of stress and its impact on physical and mental health in the workplace. • Recognise signs of stress in themselves and their colleagues. • Explain at least two effective stress management techniques and the benefits of these techniques. • Apply at least one stress management technique in a practical scenario. • Demonstrate the use of stress management techniques confidently to improve well-being. 		

Session Name: Introduction to Stress Management Techniques					
Time/ Duration	Topic	Tutor Activity	Learner Activity	Learner Assessment	Resources
2 minutes	Introduction to Stress	Briefly explain what stress is and how it impacts physical and mental health in the workplace.	Listen and ask any preliminary questions.	Q&A to understand the concept of stress.	Slides with key points and definitions.
4 minutes	Demonstration of Stress Management Techniques	Demonstrate a technique such as deep breathing exercises.	Observe demonstration. Take notes on the steps and applications of the technique.	Verbal check to confirm learners understand.	Video clips. Handout with step by step instructions
3 minutes	Practice Session	Guide participations through this stress management technique.	Participate in the practice session.	Observe participants during the practice to ensure they are following steps.	Quiet space for practice.
1 minute	Conclusion	Summarise the key points discussed.	Ask any final questions.	Wrap-up questions to ensure key takeaways are clear.	Summary slides with key points.