



MANAGING ANXIETY AND DEPRESSION IN THE SCHOOL ENVIRONMENT

PRESENTED BY ASSESSMENT AND RPL COLLEGE

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ABOUT US

Assessment and RPL College (Pty) Ltd excels in the education, training and development of public and private sector officials. With its strong focus on practical workplace skills, Assessment and RPL College (Pty) Ltd strives to facilitate measurable improvements in the productivity of client organisations.

THE TARGET GROUP

This CPTD activity is targeted at:

- educators working in the day care and school environment (with 0-10 year old children) where they have to provide support for colleagues, parents and children suffering from anxiety and depression.

THE ENTRY REQUIREMENTS

It is assumed that learners accessing this CPTD activity are competent in:

- communication (NQF level 3)

Anxiety and depression are normal human emotions which most people experience from time to time. These emotions, if experienced over a long period of time, can negatively impact a person's life and productivity.

This CPTD activity is endorsed by SACE and focuses on the identification and management of anxiety and depression in the school environment; considering both educators as well as children.

the **OUTLINE**

Section One

Introduction

Section Two

Anxiety

- Types of anxiety disorders
- Symptoms of anxiety
- Possible causes of anxiety
- Anxiety in children
- The impact of anxiety on a person's life
- Treatment for anxiety

Section Three

Depression

- Symptoms of depression
- Possible causes of depression
- Depression in children
- The impact of depression on a person's life
- Self esteem and depression
- Treatment for depression

PD POINTS

This is a SACE endorsed CPTD activity and the competent learner will be awarded 10 professional development points.

THE CERTIFICATION

In order to receive a certificate of attendance, the learner must attend all days of the specialised workshop.

One day contact session



the **OUTLINE** (CONTINUED)

Section Four

The Difference between Anxiety and Depression

Section Five

Stress, Anxiety and Depression in the Workplace/School Environment

- Factors that contribute to stress, anxiety and depression in the workplace
 - Indicators of stress, anxiety and depression in the workplace
 - Disclosure
 - Managing stress, anxiety and depression in the workplace
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the **BENEFITS**

This is a SACE endorsed CPTD activity which will provide learners with information about:

- the signs and symptoms of anxiety and depression;
 - possible causes of anxiety and depression;
 - the impact of anxiety and depression on a person's life and productivity; and
 - helping and supporting colleagues, children and parents suffering from anxiety or depression.
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the **OBJECTIVES**

On completion of this CPTD activity, learners will be able to:

- describe anxiety and its impact on the workplace;
 - describe depression and its impact on the workplace;
 - distinguish between anxiety and depression; and
 - investigate ways of supporting and accommodating anxiety and depression in the workplace.
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