



**Vital College**

62% Black Owned

B-BBEE Level 2

## SHORT COURSE IN CARE PRACTICE :

Apply self-management practices

### OUTCOMES

The qualifying learner is capable of:

- Maximise use of time.
- Manage anger to enhance personal effectiveness.
- Organise oneself for work.
- Apply stress management techniques.

## SAQA US ID

US 14776

## UNIT STANDARD TITLE

Apply self-management practices

## NQF

2

## CREDITS

8

## PURPOSE OF THE UNIT STANDARD

This unit standard is designed to encourage healthy life and work competencies that increase individual effectiveness and benefit both employer and worker.

## COST

This course costs **R2 200.00**

## ENROLMENT

To enrol onto this course, you will need to create a student account by clicking on the link below.

<http://www.vitalonline.co.za/moodle/login>

Once you have created an account click on the link below to take you to the payment and enrolment page for this course.

**Click here**

## CONTACT US

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