



ZAP Lesson 8 – Training Review

Review this training deck here: [MH Finding Calm Management Training - 2022 - Copy.pptx](#)

Critically assess the materials, considering what you have learned in lessons 7 and 8 about Mental Health Literacy for T&S Professionals.

Identify what changes you would make to this deck.

Relevant information

- Audience for the training: Team Leaders/Supervisors/Managers of content moderation teams
- Learning outcomes:
 - Gain awareness of stress and how the body responds to stress
 - Understand intrapersonal and work-related stressors
 - Learn how to tackle stress through evidence-based techniques for yourself and your team(s)
 - Consider how organizational factors impact stress at work
- Delivery method: online or onsite synchronous