

Persönlichkeitsentwicklung

# Putting Stress in Perspective to Boost Your Productivity

Präsenzseminar

People Skills Training

## **Trainingsinhalte:**

In this 2-hour workshop we will be empowered to: Identify which area of our lives create the most stress Learn Dale Carnegie's 30 Principles for Reducing Stress and Worry Put together a personal strategy for transforming negative energy into positive opportunities

## **Nutzen des Trainings:**

Managing stress is similar to managing other aspects of your life — it's about taking time to explore which parts of your life require improvement. Identifying how you respond to stress and strategies for a more effective response allow you to tap into your best parts and put ideas into action.

## **Ziele, die Sie mit dem Training erreichen werden:**