

Κοινωνικές Δεξιότητες

# Putting Stress in Perspective to Boost Your Productivity

In-Person

People Skills Training

## Τι θα μάθετε

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

## Γιατί θέλετε να το μάθετε

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.

## Πως θα σας βοηθήσει