

Habilidades para el trato con las personas

# Managing Stress

Presencial

3 HOUR WORKSHOP

## Lo que aprenderás

- Examine different types of stress and their impact.
- Explore strategies for handling stress.
- Work collaboratively with peers to manage stress.
- Transform negative energy into a positive opportunity.

## Por qué lo deseas aprender

You'll be better equipped to perform as an influential communicator, problem-solver and focused leader. You'll learn to strengthen interpersonal relationships, manage stress and handle fast-changing workplace conditions. And you'll develop a take-charge attitude initiated with confidence and enthusiasm.

## Cómo te ayudará

You will tackle complex challenges, expand your ingenuity, and excel in building team harmony. Use the new skills to become a more persuasive communicator, securing your place as a valued contributor. As you become more adept at influencing, you'll find yourself inspiring others to take initiative and innovate.