

Dale Carnegie Course

# Reduce Holiday Stress and Recapture Seasonal Joy

Tantermi

This free workshop will focus on valuable ways to simplify the season and make it more meaningful.

## Mit fog elsajátítani

Reducing Holiday stress and recapturing seasonal joy is an interactive two-hour workshop that focuses on reducing the “burn-out” that so many of us experience this time of year. It is about making good choices by uncovering valuable ways to simplify the season, and make it more meaningful both personally and professionally.

## Miért érdemes megtanulni

Experiencing anxiety and stress when dealing with year-end responsibilities, shopping pitfalls, demanding schedules, family expectations, loneliness and other emotional demands can tax the human spirit. Adopting a realistic outlook and learning Dale Carnegie principles of “How to Stop Worrying and Start Living” can help reduce some of the chaos and create more seasonal joy.

## Miben fog ez Önnek segíteni

By understanding the obstacles and overcoming the pressures can yield more realistic expectations so we can experience a season that is productive, memorable, and meaningful.