

Dale Carnegie Course

How to Stop Worrying and Start Living

Tatap Muka

Practical Steps to Reduce Stress

Apa yang akan akan pelajari

This workshop will share practical ways to help how we deal with stress.

Mengapa Anda ingin mempelajarinya

Medical Experts know the serious results that not dealing with stress effectively can have on our health, mental attitude, and relationship with others.

Bagaimana ini akan membantu Anda

Learn valuable skills to manage the stress and reduce the negative effects it can have on your health and relationships