

Dale Carnegie Course

Stress Reduction Through New Work Habits and Work-life Balance

Tatap Muka

Reduce Stress, Find Balance, and Create Professional and Personal Happiness

Apa yang akan akan pelajari

Stress Reduction Through New Work Habits Primary Competencies: Stress Management, Results-Oriented Related Competencies: Adaptability, Leadership, Accountability Work-life Balance In this module, you examine the degree of balance that you feel in your life related to areas such as work, family, health, community, spirituality, social life, and finances. You assess your current level of satisfaction with the degree of energy and time that you are devoting to various areas of your life, and commit to actions that will bring your life further into appropriate balance. Primary Competencies: Stress Management, Initiative Related Competencies: Values, Vision, External Awareness

Mengapa Anda ingin mempelajarinya

Becoming aware of what causes stress and a feeling of imbalance is the beginning of the path to satisfaction and happiness.

Bagaimana ini akan membantu Anda

This will help you identify what needs to be done to alleviate the causes of stress and imbalance, thus making you a more content professional, family member, and friend.