

Dale Carnegie Course

Stress Reduction Through New Work Habits and Work-life Balance

정규과정

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

교육 내용

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

교육 목적

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

교육 효과

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.