

Dale Carnegie Course

# How to Stop Worrying and Start Living

Åpne programmer

Practical Steps to Reduce Stress

## Hva du vil lære

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

## Hvorfor du bør lære det

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

## Hvordan det vil hjelpe deg

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