

Dale Carnegie Course

How to Stop Worrying and Start Living

Szkolenie In-Person

Practical Steps to Reduce Stress

Czego się nauczysz?

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

Dlaczego chcesz się tego nauczyć?

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

Jak ci to pomoże?

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