

Kommunikation och ledarskap

How to Stop Worrying and Start Living

På plats

Practical Steps to Reduce Stress

Vad du kommer att lära dig

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

Varför du behöver lära dig det

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

Hur det kommer att hjälpa dig

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