

We can all feel stressed from time to time. A certain amount of daily stress is normal as it is simply your reaction to changes. However there are times when things get on top of us, and the level of stress may increase and take a toll on people's health and career. Many people around us need help to cope with stress, including our colleagues, friends, family members and especially children who do not have years of life experience to guide them.

Join us for a presentation about our "Stress management programme" with a follow up discussion about the best ways to manage stress levels in your organisation. Taking care of your emotions and wellbeing doesn't require a total lifestyle overhaul. We will also speak about some simple and effective tools that can help you/your employees deal with stress.