

STRESS MANAGEMENT AND RELAXED PRODUCTIVITY

HRDF
Claimable

OVERVIEW

Stress is a common result of today's highly competitive world. Unfortunately, stressed people tend to find it difficult to work, get sick more often, need to take more leaves, tend to make more mistakes at work and even feel like resigning their jobs.

So stress is not just about employees' emotions and mental health but it is also about decreased productivity and the company's bottom line. This is why it is critical to know how stress works and what you can do to minimize and manage it as much as possible. Done properly, this will lead to relaxed productivity!

OBJECTIVES

- What exactly stress is stress and how does it work
- Why you need to reduce stress ASAP
- Techniques to reduce stress at work
- Understanding Productivity
- Relaxed productivity techniques that reduces stress and increases productivity.

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