

STRESS MANAGEMENT AND RESILIENCE

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.

For more info:

Tel : 03-56213630

Email : info@comfori.com

Website : www.comfori.com

