Surviving & Thriving – Skills for Stress Management
(1 Day Workshop)
Course Outline

Description:
Stress is part of life. Challenging circumstances and events are part of normal daily living. When you accept that concept, you can approach them differently. To 'survive' our stresses is one way of coping and can be used effectively as a strategy. This workshop will introduce principles to not only lessen your stress, but approach stress with strategies that enable you to thrive.