WEBINAR

Stress Management in the times of Crisis

Optimal HR
Group

Webinar "Stress Management in the time of Crisis"

The "Stress Management" webinar aims to provide participants with tools and strategies to help them manage effectively their stress during the coronavirus pandemic.

Webinar Goals

Participants will learn how to:

- Understand what stress is and the factors which enhance it
- Understand, through experiential exercises, what is causing them anxiety
- Gain specific stress management tools

Webinar Contents

- Expectations
- How stress is exacerbated and how it manifests
- Anxiety vs Mental Resilience
- Stress & Anxiety Management
- Tips for better Stress & Anxiety management

Webinar lasts **60'** and will be performed through the zoom platform.

286, Kifissias Ave., Athens 15 232, Greece. T: +30 210 32 59 350 F: +30 210 32 59 380
E: welcome@all-about-loyalty.com
W: www.optimalhrgroup.com , www.all-about-loyalty.com