

STRESS MANAGEMENT ONLINE SEMINAR

Recognize The Impact of Stress On Yourself and Your Surroundings!



Pradnyanamaya

What will you Learn?

- How To Handle Your Relationship Stress
- Change Is Constant, Learn To Manage
- Manage Work and Workplace Stress
- Parenting Stress
- Financial Stress

Who Can Attend?

- Homemakers
- Immigrants
- Corporate Employee
- Contractors/Consultants
- Teachers

From 2 Hrs to 2 Days customized Online Seminars based on your need to know more contact our centers.