



**THE INSTITUTE OF
Company Secretaries of India**
भारतीय कम्पनी सचिव संस्थान
IN PURSUIT OF PROFESSIONAL EXCELLENCE
Statutory body under an Act of Parliament
(Under the jurisdiction of Ministry of Corporate Affairs)

Centre for
Corporate
Governance,
Research &
Training

**STRESS
MANAGEMENT
MONTH**

Two Days Residential Workshop

STRESS Management

Saturday – Sunday
21st to 22nd March, 2020
10 AM on 21st till 5 PM on 22nd



Salient Features

PCH- 8

Work Life Balance
Effects of Stress on Thoughts and Emotions
Controlling Your Thought Process
Understanding Stress
Causes & Effects of Stress
Effects of Stress on Body
Combating Stress
Managing the Time Better
Techniques of Prioritising
Saying No, in an Assertive Way
Operate From Your Circle on Control
Avoiding Unhealthy Way to Cope With Stress
Dealing With Physical Stress

PDP- 16

Hon'ble Speakers



Mr Anand Mehta
Facilitative Trainer



Ms Leena Jha
Facilitative Trainer

Book Now!

<https://t2m.io/YUS62q58>

FREE	Details	Upto 15/03/2020	After 15/03/2020
	For Members & Students	Rs. 4,500/-	Rs. 5,310/-
	For Others	Rs. 5,310/-	Rs. 5,310/-
The above fee is all inclusive and non refundable.			

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