

4.2 STRESS MANAGEMENT – PSYCHO SOMA STRESS COURSE

This course is based on the popular ‘Psycho Soma Stress Course’.
A course that will change the “you” at work as well as the “you” at home.

- Cope with stressful situations
- Identify the origin of stress
- Better mental capabilities (thinking)
- Improve interpersonal relationships
- Practical coping styles
- Holistic lifestyle