Change And Stress Management

What You Will Learn in 4 Hours
- How people respond to change
- Why some people thrive on change
- Understand the resistance to change
- How to change a habit
- How to set clear goals
- How to control the time in your life
- The two types of stress
- Signs of excessive stress
- Experience a stress test
- 11 ways to reduce stress

Learning Objectives
- How to more easily adapt to change
- Learn the power of focus
- How to control the time in life
- Learn the relation between stress, health and success in life.