

# Stress Management



***The World is getting increasingly complex and the demands on leaders are exponential, leading to stress. Managing stress is a critical skill for a leader to increase his overall productivity and operate at his peak performance .***


---

Attend the 3 hr session on Stress Management and make a difference to yourself. Get Answers on


---

- Stress at individual and organization level - Awareness
- How do we recognize Stress?
- Responses and consequences due to Stress ?
- How to deal with Stress? Do we have a toolbox to manage Stress?
- How do we define an effective Stress Leader?
- What are the benefits of Stress Management both to the individual and the organization?

**FOR INQUIRIES, KINDLY CONTACT US AT:**

 +91 80881 63756

 [www.surendranathwarrier.com](http://www.surendranathwarrier.com)

 [info@surendranathwarrier.com](mailto:info@surendranathwarrier.com)