



OPTIMIZE YOUR STRESS TO MAXIMIZE YOUR STRENGTH!!

Life Skill Enhancement Training Online Course Summary

- Participants** : Professionals, teachers, students, home makers
- Purpose** : 1. Enable the participants with skills to handle stress situations;
2. Moving towards a stress free living
- Course Summary** : Understanding Stress: Burn out; Patterns, Physiology of Stress; Symptoms and signs, stressors and causes, occupational fabric analysis; De-stress exercises - cognitive, somatic and emotive.
- Methodology** : Interactive session; group discussion, visuals and games, and evaluation

six sessions of 75 minutes each



Understanding and managing stress in personal and Professional situations

In the struggle for life, more often we find ourselves over stressed to the point of breaking down. Stress has almost become a development prerequisite. Instances such as break up of marital relationship, career anxiety and occupational burn out are alarmingly on the rise.

Gandhi Research Foundation organizes a six day (session) online course on "Stress Management." The course offers, through a series of exercises, a holistic understanding of stress, its causes, and what can we do to bring it under control. The course introduces optimized methods of handling stress occurrences effectively, both in personal and professional situations.

We invite you to join the course and empower yourself to overcome stress situations.



Gandhi Research Foundation

Gandhi Teerth, Jain Hills, Jalgaon, (Maharashtra) India
Ph. +91 257 -2264803, +91 9422776936;
Email: academics@gandhifoundation.net