

A Solution to Stress Free Living

Online
Session !!

Friday, 17th July, 2020 | 4.00 p.m - 6.00 p.m

HOW?

- ✓ *Acknowledging Stress*
- ✓ *Identifying sources of Stress*
- ✓ *Understanding the different coping strategies and why they fail to work for us*
- ✓ *Developing essential habits for Stress control - Practical solutions*
- ✓ *Types of Thoughts*
- ✓ *Reasons for negative thoughts & Eliminate it*
- ✓ *Beliefs vs Reality*
- ✓ *Recognizing and working with personality dragons*

Registration Fees

ACMA Members	Rs. 500 + GST	Rs. 590 Per Participants
ACMA Non-Members	Rs. 650 + GST	Rs. 767 Per Participants



Workshop by-
Mr. Parameshwaran (Param)
NLP Practitioner and Positive Life Style Coach

[Click here to REGISTER](#)

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