

SEPT
09



STRESS

LIVE ONLINE WEBINAR

Emotional Composure: Remaining Unruffled & Dynamic Under Stress

Date: 09/09/2020

Time: 12:00PM to 1:00PM EST

Emotions are a healthy part of the human experience. Acknowledging emotions and understanding your personal stress style is the first step in beginning to control them. In this highly interactive session, we will discuss a selection of customary stressors as well as techniques for exercising control over them.

Presented by: Mary-Ellen Sposato

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