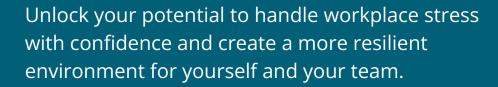


Manage Stress @Work

Learn how to thrive in busy workplace environments.



Manage Stress @ Work equips you with the tools to understand and manage the causes of workplace stress, communicate with empathy, and support others effectively.

You'll learn practical questioning techniques to uncover challenges, deliver constructive feedback, and develop actionable strategies to enhance resilience for yourself and your team.

Invest in your well-being and support your team in creating a healthier, more productive workplace.

CONTACT US



Duration: 2 hours

Location: Statewide

Investment: \$175 TCCI member

\$260 non-member



Call Us 1300 559 122



training@tcci.com.au

