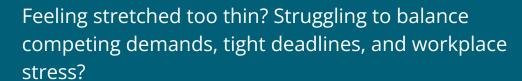
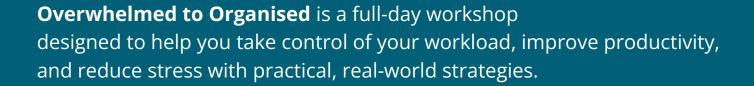


Overwhelmed to Organised

Smart Strategies to Manage Your Workload and Stress





Combining the best of our Manage Stress@Work and Master Time Management workshops, this session provides smart, actionable techniques to help you manage pressure, prioritise effectively, and build resilience, both in yourself and your team.

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5 hours **Duration:**

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