

Stress Less

A Guide to Stress Management

Feeling stressed, looking for work, anxious about interviews?

Stress can have a big impact on our wellbeing. Join us for our Stress Less workshop to learn simple, effective strategies for stress management and building resilience.

Register here



bit.ly/StressLessEvent

Dates

Friday 25th April
11am-12.30pm

Monday 23rd June
12.30pm-2pm

Friday 29th August
11am-12.30pm

Microsoft Teams

Microsoft Teams

Microsoft Teams

Contact

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