



CENTRE LINK

Coaching for Stress Free Environment

Programme for April/May 2018

INTRODUCTION TO STRESS MANAGEMENT

PROMOTING HAPPINESS WHILE IMPROVING PRODUCTIVITY AND EFFICIENCY

GOALS:

To inform and educate on the effects stress can have on your business

To introduce ways and techniques of reducing stress at workplace

To create a stress free environment where staff is motivated and feel creative

To improve efficiency and profitability of the business

DURATION:

Approx. 1 hr

TALK IS AIMED AT:

Business owners, Senior managers, Heads of HR, Office staff, Front line staff

LOCATION:

Client's premises, within M25

OTHER INFORMATION:

Minimum 5, maximum 10 attendees.

COST:

£35.00 per person attending + travel costs
(T&C apply – please enquire)

CONTACT DETAILS AND BOOKINGS:

Alex Jovanovic, B.Ed, MASC
coaching@centre-link.co.uk
www.coaching.centre-link.co.uk

Centre Link Coaching, 33 Seward Road, London, W7 2JS

Voice: 0203 637 8303

Email: coaching@centre-link.co.uk ~ Web: www.coaching.centre-link.co.uk

