



Stress Management for Healthcare Professionals

After participating in this lecture the participants should be able to:

- Identify their warning signs of stress
- Recognize the importance of taking action to reduce stress
 - Apply proven strategies for reducing stress
- Determine at least one activity to do differently that will reduce their stress levels at work as well as at home

Speaker:

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Leadership & Workplace Trainer and Coach
Choice Training and Coaching Solutions, Inc.

April 27, 2018

10:00am – 11:30am

1393 VETERANS MEMORIAL HIGHWAY, HAUPPAUGE
CROSSROADS CORPORATE CENTER – 1ST FLOOR CONFERENCE ROOM

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