

Your Mental Health in the Workplace

Managing Stress

30-minute Webinar \$39

This course, delivered by our facilitator certified in Mental Health First Aid, provides your employees with a primer on mental health and an understanding of how to help yourself and others during times of stress.

Delivered by webinar, this session uses tools to encourage engagement, while also respecting each individual's confidentiality.

Session 2: Managing Stress

- Understanding Stress: Causes and impact of stress.
- Managing Stress: Strategies to manage stress.
- Case Study/Examples

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People First HR Services is a People Corporation company