

A free webinar and opportunity to obtain CPE point

Are you interested in learning about strategies to stay calm in stressful situations? Join us for free webinar that will introduce you to **Managing Stress with Confidence and grace.**

Managing Stress with Confidence and Grace

Why Attend?

Learning to manage stress is essential for everybody especially nurses because it helps prevent burnout, improves patient care, and enhances overall well-being.

Date & Time: 3.00pm-4.00pm (1 hour) in any one of the following dates

8 January 2025	15 January 2025	12 February 2025	19 February 2025
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What You'll Learn:

Identifying common causes and signs of stress.
Concepts of simple effective stress management techniques.
importance of resilience and emotional balance.

Reserve Your Place and Register Now!

Spaces are limited, so don't miss out this opportunity!
We look forward to welcoming you to this insightful webinar.



QR code



<https://tinyurl.com/mr3ycfxu>



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