

The St. Paul & District Chamber of Commerce in Partnership
with the Rural Alberta Business Centre Cold Lake present

STRESS MANAGEMENT

What our participants say...

“Very informative, lets you know that you are not alone out there”, “Truly amazing management techniques”, “Very pleased with the stress management info & presentation”

Member Price \$20

Non Member \$25

Register by May 15th

When

Thursday,
May 18th
9 AM—12 Noon

Where

Portage College,
Dining Room

ABOUT THE WORKSHOP

Has your stress level increased and are you simply trying to keep it together?

This workshop will focus on the types, symptoms & causes of stress and how to manage it all with real techniques & solutions

WHO SHOULD ATTEND

Open to business owners, managers, supervisors, consultants, & anyone wishing to understand themselves better, manage their stress levels, and live a more balanced life

OUR FACILITATOR



**Kathryn
Hotte**
Small Business
Advisor, RABC
& Professional
Trainer

Kathryn brings with her 30+ years of experience in sales & corporate executive management as well as developing & facilitating training programs in over 16 countries. Accolades over the years include national and international awards for sales achievement, a Training Excellence award, Business of the Year award and most recently a Women of Influence Award

HOW TO BOOK? P. (780) 645 5820 E. admin@stpaulchamber.ca

