



Workforce Central Career Center presents:

TIPS ON STRESS

Presented by Geraldine Cook, CCH, CCHC

It's challenging enough whether you are looking for a new career or searching for a new position. In this interactive Stress Management Workshop, Geraldine will talk about how you can create strategies to achieve your goals and reduce stress. She will show you how to use basic coaching tools that you can adapt into your daily life and add to your toolbox. This is not your typical stress workshop where you are asked to breathe in and out and then be sent on your way. Geraldine will talk about what is truly stressing you and teach you how to work with the reality that you are dealing with and help you to de-stress.

THIS WORKSHOP WILL BE OFFERED ON THE FOLLOWING DATES STARTING AT 9:30 A.M.

January 26th
February 23rd
March 30th
April 27th

May 25th
June 29th
July 27th
August 31st

September 28th
October 26th
November 30th
December 28th

Call or stop by to register for this workshop at
WORKFORCE CENTRAL CAREER CENTER
425 Fortune Blvd, Milford, MA 01757
(508)473.4300

Operated by the Worcester City Manager's Division of Workforce Development
in partnership with the Massachusetts Division of Career Services.
An equal opportunity employer/program. Auxiliary aids and services are available upon request to
individuals with disabilities.





Workforce Central Career Center presents:

TIPS ON STRESS

Presented by Geraldine Cook, CCH, CCHC

It's challenging enough whether you are looking for a new career or searching for a new position. In this interactive Stress Management Workshop, Geraldine will talk about how you can create strategies to achieve your goals and reduce stress. She will show you how to use basic coaching tools that you can adapt into your daily life and add to your toolbox. This is not your typical stress workshop where you are asked to breathe in and out and then be sent on your way. Geraldine will talk about what is truly stressing you and teach you how to work with the reality that you are dealing with and help you to de-stress.

**THIS WORKSHOP WILL BE OFFERED ON THE FOLLOWING
DATES STARTING AT 10:00 A.M.**

January 20th
February 17th
March 17th
April 21st

May 19th
June 16th
July 21st
August 18th

September 15th
October 20th
November 17th
December 15th

Call or stop by to register for this workshop at
WORKFORCE CENTRAL CAREER CENTER
5 Optical Drive, Southbridge, MA 01550
(508)765.6430

Operated by the Worcester City Manager's Division of Workforce Development
in partnership with the Massachusetts Division of Career Services.
An equal opportunity employer program. Auxiliary aids and services are available upon request to
individuals with disabilities.

