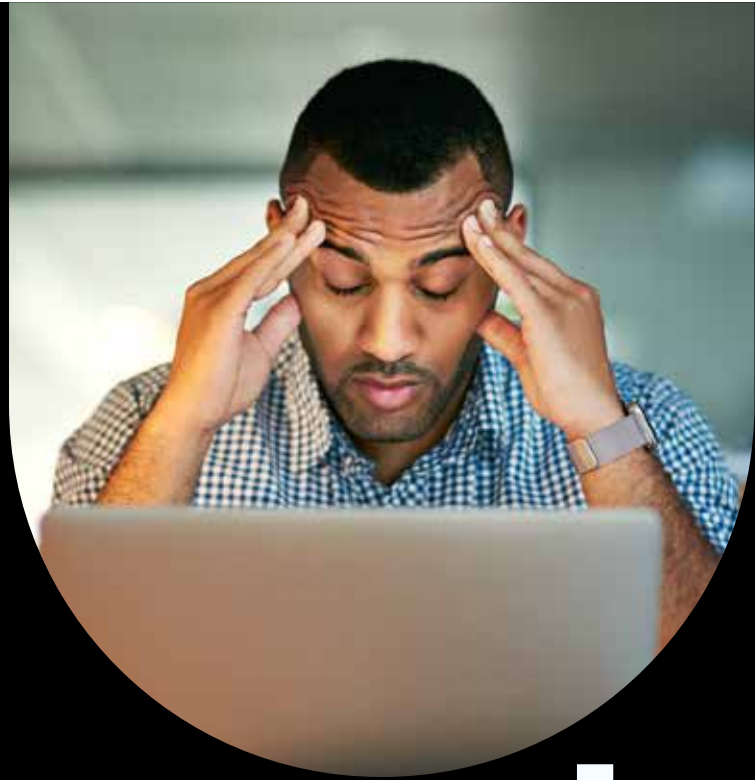




Training Africa Academy  
A Division of Cleaning Africa Services



**Skills Programme**

# **Stress Management**

2 Full Days Training | Certificate of Attendance | All occupational categories

## **PROGRAMME OUTLINE**

**Recognizing the symptoms of "chronic stress overload"**

**Identifying the situations in life that cause you the most stress**

**Changing situations and actions that are changeable**

**Dealing with unchangeable situations and actions more effectively**

## **Contact Us**

- 011 794 6665
- [training@cleaningafrica.co.za](mailto:training@cleaningafrica.co.za)
- [www.cleaningafrica.co.za/training](http://www.cleaningafrica.co.za/training)