

<b>Workshop Title</b>	<b>Stress Management</b>
<b>Workshop Description</b>	<p>This workshop has been designed to develop techniques to reduce the impact of stress in our daily lives. The world has become faster paced and requires us to do more in a day, with the advent of technology business happens over a shorter period of time. The workshop is designed to learn techniques to plan and structure thinking more effectively to develop more positive attitudes to tasks and assimilate facts clearly. The workshop will also teach delegates the importance of the management of thoughts and how to keep the process of thoughts simple and clear. Delegates will also learn how to control chronic thoughts that take up time and create stress and how to stop obsessing and start marvelling at the achievements. The workshop also teaches relaxation techniques and how to effectively plan and prioritise activities and objectives.</p>
<b>Admission Requirements</b>	<ul style="list-style-type: none"> <li>• Must be at least twenty three years of age.</li> <li>• Must be in possession of a matric certificate or the mature age exemption procedure will apply.</li> </ul>
<b>Delivery Method</b>	Contact Session
<b>Duration</b>	2 days/ 16 hours
<b>Price</b>	Refer to BSU Fee Schedule
<b>Enquiry Contact</b>	bsuenquiries@dut.ac.za / 031 -373 5710/ 5762