

Personal resilience seminar

How we deal with pressure and stress relates to how successful, effective and satisfied we are in our working lives.

Resilience is the way you manage your reactions and is defined as "the ability to bounce back from stress or adversity". Participants will complete a psychometric questionnaire to assess their resilience and perceived ability to cope when responding to a stressful situation.

Date: 27 November 2012

Venue: Johannesburg

For more, visit: <https://www.bizcommunity.com>