



Academy of Certified Human Resource Professionals,  
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IHRM: C00259

NITA: NITA/TRN/1234

Dear professional,

28/08/2025

## Effective Stress Management Skills

Date	Venue	CPD	Cost (Excl. VAT)PP	Registration Link
14-10-2017-14-10-2017		1	2,500.00	<a href="#">Register Here</a>

## Course Overview

## Course Objectives

The objective of the **Effective Stress Management Skills** training is to;

## Target Groups

This training is suitable to a wide range of professionals but will greatly benefit;

**CHRP. Den PN Gathitu**

**Secretary General**

**Academy of Certified Human Resource Professionals**