



Dear professional,

17/07/2025

Effective Stress Management Skills

Start Date	End Date	Venue	CPD	Cost (Excl. VAT)PP	Registration Link
14-10-2017	14-10-2017		1	2,500.00	Register Here

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, CCT

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Secretary General
Academy of Certified Human Resource Professionals