
Training Provider	Learn Skills	Assessment	Quizzes & Final Exam
Location	learnskills.org	Qualification	Certificate of Completion
Method	Asynchronous Self-paced	Eligibility	Open
Cost	50 EUR		

This gives you a general appreciation for the causes, experience, and techniques to manage stress in the workplace. A number of things cause stress, and the ways people experience stress can vary widely. However, everyone has some level of stress to deal with at some point in their lives, and when that time comes it is essential to know how it impacts work performance as well as other areas of life.



<http://lrnskls.com/yb2z>