



**Who can join:**  
Managers, Officers,  
Clerks, Admins,  
Government Officers/  
Employees, etc.

**Duration:**  
1 Days

**To Book, Visit:**  
[www.pragyaannexus.org.in/stress-management-for-employees](http://www.pragyaannexus.org.in/stress-management-for-employees)

## CONTACT US

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# STRESS MANAGEMENT

For Employees



**Pragyaan Nexus**

Change Your Story, Change Your Life



I was very much stressed and my life was completely on a halt when my friend suggested me about this workshop by Pragyaan Nexus. This workshop was a perfect bridge between science and spirituality. It made me aware of myself practically and helped me achieve peace of mind. Now I regularly follow the techniques and am completely able to balance my life.

- Miss Karishma  
( HR Manager )

## What Will You Get:

Instant Relaxation  
Meditations

Increasing Self  
Awareness

Understanding SWOT

Technique to release  
stress

Time for regular self  
updating

Setting Subconscious  
Goals

Yoga Nidra

This course is specially designed for those who are working as employees to make their earning. While handling the balance between career, family and self, one get's totally exhausted. This workshop will help you to enjoy your job.

