



Who can join:

Managers, Officers,
Clerks, Admins,
Government Officers/
Employees, etc.

Duration:
1 Days

To Book, Visit:
www.pragyaanioe.org
/stress-management-
for-employees

CONTACT US

Call: +91 7039200152
www.pragyaanioe.org
E-mail: pragyaanioe@gmail.com

STRESS MANAGEMENT

For Employees



I was very much stressed and my life was completely on a halt when my friend suggested me about this workshop by Pragyaan. 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.

