

Who can join:

Business Owners, Start Up's, S.M.E.'s.

Duration:

2 Days

To Book, Visit:

[www.pragyaanieo.org/
stress-management-
for-business-owne](http://www.pragyaanieo.org/stress-management-for-business-owne)

CONTACT US

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STRESS MANAGEMENT

FOR BUSINESS OWNERS



TESTIMONIAL

I enjoyed working with Pragyaan.

The sessions made me feel positive, focused and more confident. It helped me restructure my work progress. The Goals were implemented in our Subconscious mind, which helped us achieve it easily. Now I feel more happier and stress-free, thus improving my ability to work.

I would Definitely suggest this stress management session to all Business Professionals.

-Amit Desai
(Business Owner)

What Will You Get:

Exercise

Instant Relaxation
Meditations

Manage time for family

Understanding SWOT

Instant Rapport with Patient

Eraser Technique to release
stress

Sensory Acuity

Time for regular self
updating

Setting Subconscious Goals

Yoga Nidra

Healthy eating and sleeping
habit installation

Almost all Entrepreneurs are now a day's going through different stages of stress, with the increasing work demands, financial imbalance and people's psychology to look at an Entrepreneur. The life is being hijacked by many issues. Attending this seminar will help you boost your business and kick stress away.

