

FIND OUT HOW
YOUR MIND AND
BODY INTERACT
FOR YOUR WELL-
BEING!



Who can join:
All Working Women's,
Housewife

Duration:
1 Days

To Book, Visit:
<https://www.pragyaan-nexus.org.in/stress-management-for-working-women>

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Pragyaan Nexus

Change Your Story, Change Your Life

**Stress
Management
FOR WORKING WOMEN**





Testimonials

I will just say a big 'Thank You' for a brilliant seminar on Stress Management. I've never seen our Employees so engaged with the subject and its presenter. A record number of Employees turned out and they were certainly not disappointed. Once again, many thanks indeed for an informative, educative and inspiring seminar. I look forward to future collaborations.

- Sheetal. M
(HR Head)

What Will You Get:

Instant Relaxation
Meditations

Self Fitness

Understanding SWOT

Technique to release
stress

Manage time for family

New Vision towards
Family

Subconscious Goal Setting

Yoga Nidra



Now a day's many women have stepped out of house for supporting the family, on financial levels. While handling the balance between career, family and self they, get totally exhausted. This workshop will help you enjoy your own space and at the same time balance work and home.

