

Agenda for Stress Management Workshop

Date: [Insert Date]

Location: [Insert Location]

Time: [Insert Start Time] - [Insert End Time]

Workshop Objectives:

- Understanding stress and its impact
- Learning practical stress management techniques
- Developing personalized stress reduction plans

Agenda:

[Insert Time] - Welcome and Registration

[Insert Time] - Introduction to Stress

[Insert Time] - Understanding Stressors

[Insert Time] - Break

[Insert Time] - Stress Management Techniques

[Insert Time] - Lunch Break

[Insert Time] - Developing Your Stress Reduction Plan

[Insert Time] - Group Discussion

[Insert Time] - Closing Remarks

Contact Information:

Email: [Insert Email]

Phone: [Insert Phone Number]