



**Materials fee may apply.*

Managing Stress: The Road to Resiliency

Few skills are more important to a career than the ability to stand strong and calm under pressure, stress, and chaos. This workshop delivers the all-important techniques and strategies that help employees come across as level-headed and confident ... even if their emotions are tugging away inside. Join us to learn how to become more resilient when your job or life seems overwhelming.

Registration may close 72 hours prior to a training session. Cancellations received up to 10 calendar days prior to the training session or beginning of the training series are refundable, less an administrative/materials fee. After that time, cancellations are subject to the registration fee.

May 3, 2017 or November 2, 2017

8 a.m. – 11 a.m. • P•A•S Training Center
1401 19th Street, #110 • Kress Building
(southwest corner of 19th and "K" Streets in downtown Bakersfield)

\$145 per participant

If you would like to register one or more participants for this session, please contact our office at (661) 631-2165 or email us at Training4You@PASassociates.com.



HUMAN RESOURCES CONSULTANTS
INVESTIGATIONS

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***Workshops are presented in the P•A•S Training Center OR on-site at your location OR live online!
We can customize any workshop for your team.***

