



# MoCo Workshop

## Managing Stress

Stress in the workplace can be held accountable for many days of absence and reduced productivity. Stress impact upon morale, motivation and the effectiveness of any team.

This workshop identifies and tackles common causes of stress, providing learners with effective and practical techniques to create productive work environments.



Thursday 21<sup>st</sup> October 2010  
9.30 am to 5.00 pm  
The Royal, Bank Plain, Norwich  
£125 + VAT per person

Contact us for more information or to book your place.

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