

▼ Date . Time . Fee ►

24
April 2020
10am to 11am



e-Cert awarded
by
Universiti Tunku Abdul Rahman

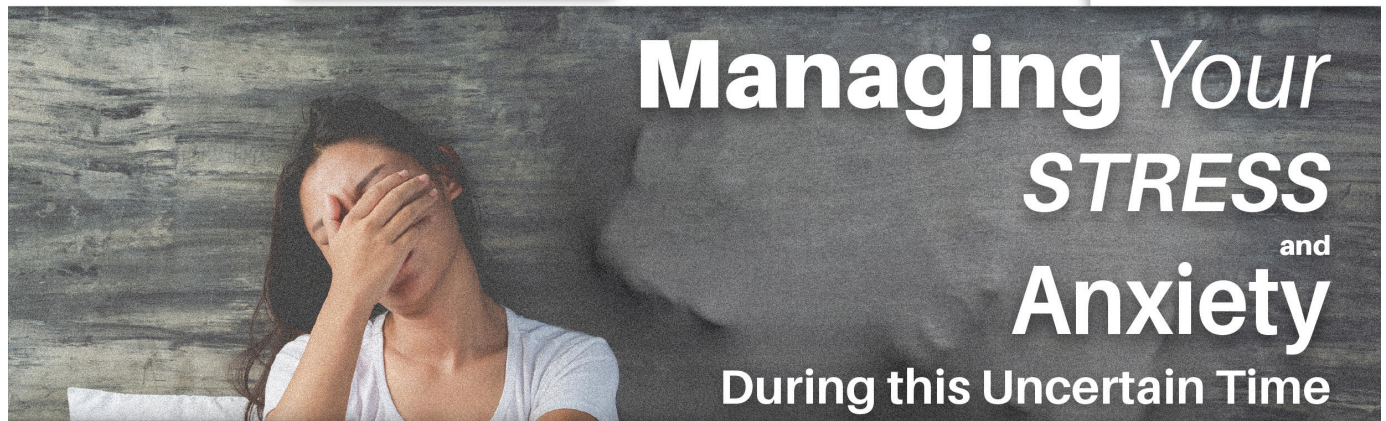
Local: RM 30
(Public)

RM 20
(UTAR Student)

International: USD 7



Register Online Here ▲



★ OBJECTIVE

To share simple practical tools to manage stress and anxiety for those affected by the current uncertain times due to the Coronavirus pandemic.

★ TARGET AUDIENCE

For those who want to learn how to manage their stress and anxiety

★ CONTENTS

You can be locked down but fired up and you can learn the "HOW".
By the end of 60 minutes, you will acquire these tools:

- ✓ Perspective during this uncertain time
- ✓ What you can do in the morning before you start your day (just 5 minutes of your morning)
- ✓ What you can do to destress yourself in just 1 minute even if you have a crazy busy schedule while you work from home (You will be surprised to know that!)
- ✓ Simple easy techniques to relax yourself when you feel anxious (Deep Breathing & Emotional Freedom Technique)

★ TRAINER



Joyce Wong is a motivational speaker and a high-performance coach. She is also a certified NS-NLP master practitioner, certified body language expert, verbal statement detective and a vocal master. She has a master's degree in Food Science and Nutrition.

Her expertise is in psychology, people skills, leadership skills as well as wellness.

She is passionate about helping people to transform their physical and mental health so that they can perform at their best. She has delivered workshops and talks about destressing that shared practical tools and strategies on how to manage stress and how to deal with challenges and setbacks. In 2019, she shared her experience about leadership on 'How to Lead Successfully' in the DevFest + BizFest Georgetown 2019 event organized by Google Business Group (GBG). She strongly believes that everyone of us can be the BEST version of ourselves and make a difference in the world.

To know more about her, visit her website at <https://www.joyce-wong.com> and her public figure Facebook page [@joycewongpage](https://www.facebook.com/joycewongpage)

CONTACT US

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