



**Corporate  
Coach Group**  
*Training that transforms*

This is to certify that  
**Adrian Joseph Garcia**  
has successfully completed  
**Webinar: Stress management and improved mental health**  
Attended January 2023

**This programme covers:**

- Some stress is good for us
- Stress can lead to progress
- Why is too much stress is bad for us
- How to harness the positive power of stress
- Avoiding the negative effects of stress
- Stress vs Mental Health

**Presented by: Mr. Christopher Farmer, Managing Director, Corporate Coach Group**

(1 CPD hours)



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Corporate Coach Group, Walcot House, Parton Road, Churchdown, Gloucester, GL3 2JJ

T: 01452 856091 F: 01452 534329  
E: [info@corporatecoachgroup.com](mailto:info@corporatecoachgroup.com) W: [www.corporatecoachgroup.com](http://www.corporatecoachgroup.com)

