



**Corporate
Coach Group**
Training that transforms

This is to certify that
Michelle Greene
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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