



charteredskills.com

SKILLS
Anytime, Anywhere

Course Curriculum



Advanced Skills on Stress Management

Course Description:

People who are astronauts have not only the proper knowledge of science but also they have skills in emotional intelligence. Emotional Intelligence shows you how to understand and regulate your own emotion to survive in extreme situations. Without this understanding, many of your skills might go wrong based on the situation. This way, Advance skills in Stress Management is the best course you will ever have containing a lot of things about Emotional Intelligence. You won't find anything about how to control emotion in school but here are a lot of things in this course which are going to guide you to be a better human with a lot of virtues.

During the course, you will be able to know you truly all the way, handling capacity, reasoning, what power you have and nothing is impossible to you.

That's means you have an indomitable spirit that can transform your imagination into a real figure. Furthermore, it would surely consolidate your personal and professional life.

Course Requirements:

- N/A

Course outline:

This course includes Emotional Intelligence Insights, techniques, and tools to prevent the loss of emotional control along with anxiety and fear. Step by step, this course will guide you to develop your positive thinking which will drive you to self-empowerment.

What you'll learn:

By practicing, you can –

- Feel good no matter what happens around you
- Keep emotion in control
- Be capable to handle stresses
- Grow up your confidence level to reach your goal

Who this course is for:

- You're experiencing UNCERTAINTY in your life and want to feel confident and at ease.
- You're STRESSED OUT and want tools to cope with the ups and downs of life and perform better under stress.
- You experience ANXIETY, FEAR, or WORRY and you want to learn how to prevent de-escalating these emotions.
- You are tired of feeling like your emotions are outside of your CONTROL.
- You no longer want to experience DRAMA, fighting, or emotional turmoil in your life.
- You want to understand your emotions, how they work, and how you can manage them.
- You want to learn how to take control of your thoughts, avoid negative, compulsive THINKING and silence your inner critic
- You're a life coach, counselor, social worker, teacher, nurse, or parent who wants to HELP OTHERS learn to take control of their emotions.
- Entrepreneurs, freelancers, and job seekers.

CONTACT US



Begum Rokeya Sarani, Mirpur,
Dhaka-1216



+8801321-173485, +8801321-173486



info@charteredskills.com



/charteredskills



/charteredskills



/charteredskills



/charteredskills



/charteredskills



/charteredskills



/charteredskills



/charteredskills