



SC Consultants Group

presents

Small Business Thursday

Moving your Business Forward

Stress Management



Stress is an everyday fact of life. Stress manifests itself in many areas of life. Workplace stress is the number one cause for burnout. The skeleton crew, increased responsibility, longer working days and demanding clients all contribute our stress level. The good news! Stress can be managed and used to build strong relationships and to benefit you and your team.

Join us for a lively discussion on Stress Management. Learning to use stress effectively will benefit you and your business.

Thursday, February 16, 2012

6:00 pm – 6:30 pm Networking

6:30 pm – 7:30 pm

Small Business Thursday

North Branch Public Library

3455 Madison Avenue, Bridgeport, CT

Who Should Attend: Management, Employees

Learn how to...

- Use communication to alleviate stressful situations
- How to prioritize tasks effectively
- Know your level of authority

Reserve your seat today!

Call the North Branch Info Desk at 203 576 8113

Seating is limited

Refreshments will be served