

THE 2 DAY
STRESS LESS, BE
SHARP
COURSE

The company
impacts the
business
environment with
leadership
coaching and
different
workshops and
training
opportunities

DARE

DYNAMIC ACTION TO REBUILD AND ENHANCE

Conquer stress

- ▶ Ensure chemical balances in the brain.
- ▶ Brain stimulation to enhance energy levels.
- ▶ Prevent downshifting in the brain.
- ▶ Behavioural tools.

Thinking preferences

- ▶ Manage subconscious thought.
- ▶ Understand your own and team members thought preferences.
- ▶ Change behaviour.

Team collaboration

- ▶ Manage conflict and change it into positive learning experiences.
- ▶ Emotional intelligence.
- ▶ Purposeful communication.
- ▶ Leadership coaching.

Increased Productivity

- ▶ Effective time management.
- ▶ Enhanced concentration.
- ▶ Define and ensure definite goals.
- ▶ Brain sharp decision making.



...and so much more. Stress less, be sharp. Learn how at DARE's two day course.