



Time & Stress Management workshop

@ Emmaus Retreat Centre, Swords

Wednesday 19th May,
10.30am - 17.00pm, €58p/p,
(Light lunch included)

In this practical workshop you will learn how to improve your **time & stress** management skills. You will recognize your **stress symptoms** and learn a number of techniques that will help you to **relax**. You will learn how to **manage** your time effectively, how to organize and understand your priorities, how to deal with **procrastination** and how to set smart goals to help your planning. The day will finish with a session in **power relaxation** so you can carry yourself feeling replenished, re-energized and alert.



Facilitator: Maria J. Lynch, (M) 087 2794346
BA Business, MscMP, MLBCAI, IICI

For bookings

phone 01-8700050
or e-mail
reservations@emmauscentre.ie
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Managing Time And Stress Management Skills Workshop Ser

Jin-Ying Zhang



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psychology law and public policy to shed new light on the dynamics of gender and race ethnicity in the workplace The first volume details the corporate paths of women and minorities to date highlighting continuing challenges and gaps Volumes 2 and 3 tackle such complex issues as corporation socialization and how it excludes women and minorities the impact of affirmative action decisions on practice and policy the fine line between office romance and sexual harassment and work life balance These volumes also showcase innovative practices in promoting diversity and leadership development Featuring contributions from such influential authors as Nancy Adler Gail Evans and Gary Powell this set presents a unique collection of perspectives on the dynamics of race ethnicity and gender in the workplace and considers how they both reflect and reinforce the culture at large Since women were first admitted to the Harvard Radcliffe business program in 1959 they have made remarkable progress in assuming leadership and management positions traditionally held by white men more recently African Asian Hispanic and Native American women and men have joined the professional realm in increasing numbers with profound implications for organizations Nevertheless the statistics still tell a discouraging story women make up nearly 50 percent of the workforce but only 16 percent of the corporate officer pool in America s 500 largest companies for every dollar a white man earns a black man earns 76 cents in a recent survey 70 percent of women cited lack of an influential mentor as a key obstacle to attaining business success The leading business experts assembled here consider what is behind these statistics and what can be done to change the culture that creates them Blending theory and practice statistics and analysis this three volume set presents the latest research from the fields of management sociology psychology law and public policy to shed new light on the dynamics of gender and race ethnicity in the workplace The first volume details the corporate paths of women and minorities to date highlighting continuing challenges and gaps Volumes 2 and 3 tackle such complex issues as socialization and how it excludes women and minorities the impact of affirmative action decisions on practice and policy the fine line between office romance and sexual harassment the depth of racial and gender stereotypes work life balance and unwritten codes of power and influence These volumes also showcase innovative practices in promoting diversity and leadership development Featuring contributions from such influential authors as Nancy Adler Gail Evans and Gary Powell this set presents a unique collection of perspectives on the dynamics of race ethnicity and gender in the workplace and considers how they both reflect and reinforce the culture at large

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Managing Time And Stress Management Skills Workshop Ser Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Managing Time And Stress Management Skills Workshop Ser**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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