



The Key to Managing Stress at Work: Say NO! to stress at work (Coaching Book 13)

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Say NO! to stress at work

This book is a practical and accessible guide to understanding the key to managing stress at work, providing you with the essential information and saving time.

In 50 minutes you will be able to:

- Recognize the three different reactions to stress: fighting, running away and inertia
- Create a neutral space where you can take a step back and analyze the situation
- Find the causes lying behind your stress and devise a plan to deal with future stressful situations.

ABOUT 50MINUTES.COM| COACHING

The Coaching series from the 50 Minutes collection is aimed at all those who, in times of transition or otherwise, want to acquire new skills, respond to unfamiliar situations or simply re-evaluate their work-life balance. Using a simple and effective style, our publications combine theory, actionable insights, concrete examples and practical exercises to enable everyone to move forward on the path to professional growth.

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