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Every year, International Stress Awareness Day is held to raise awareness around managing stress. This exclusive training event is aimed at stress prevention and promoting the importance of wellbeing for individuals and organizations. This session will reveal the true impact of living a resilient lifestyle and the powerful link between resilience and success.

Resilience: The Power to Succeed
Register for the session here:

- 6th Nov – 1pm–2pm Eastern Daylight Time (EDT), for the Americas: https://register.gotowebinar.com/register/2604805020888771073
- Click here to download the International Stress Awareness Day flyer (PDF), with tips on what you can do to promote this at your workplace (with our help!).
- Click here to download the International Stress Awareness Day flyer (PDF)
- Click here to download a customizable version of the International Stress Awareness Day flyer (Word), with an area to add your own organizational contact details.

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