

STRESS COACH

We offer online courses with easy to use practical tools to help you maintain your wellness even at difficult times.

Stress coach programme is a one month 6 hours contact session focused on the practice of cognizant for managing stress. The practice of mindfulness has many benefits to your physical & mental health. This stress management program is developed to help individuals cope effectively with stress & to remediate with stressful situations.

Duration: One Month with 6 hours Contact Session

For Enrollment Call:+91-7065507717

Or Email us at:info@impacthealthconsultant.com
