

A webinar on

Stress Management

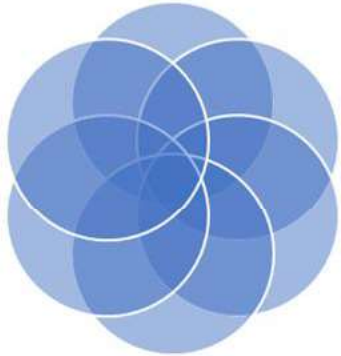
!!! FREE OF COST !!!

!!! LIMITED SPACES !!!



Organized by **ISF Group**

www.isfgroup.in



Webinar Contents

- ❖ *Understanding Stress*
- ❖ *Understanding Self*
- ❖ *Stress Management through Self Management*



Duration: 3 hours over 2 days

29th April 2020 from 1500 to 1630 (IST) and

30th April 2020 from 1500 to 1630 (IST)

Target Participants: Managers, Superintendents,
Management level Deck and Engine Officers



Scan the QR code to register your space
OR

Visit <https://forms.gle/cyoYaPMhogBJtTkV6>

OR

Visit www.isfgroup.in → Event Calendar

You will receive the webinar credentials after registration

Trainer - Pawan Kapoor

A Class I Marine Engineer, Mr. Pawan Kapoor has a vast and varied working experience of over 27 years, which ranges from being a hands-on engineer, to a workshop manager, to a mentor and guide, to a Chief Executive. Pawan has lead teams of professionals and educationists for development of world-class training and educational establishments. He is the founder and head of the ISF Group and the various entities of the group.

