



EMOTIONAL INTELLIGENCE  
TRAINING

# STRESS MANAGEMENT

We will help you develop your EQ toolbox  
for the digitized century

**SIMULATE, EXERCISE & COLLABORATE**

with Nadja El Fertasi, CEO/Founder





# TRAINING OBJECTIVES

Your EQ Toolbox to  
help you Thrive

During the Stress Management EQ Training, participants leave with practical strategies and tools to manage the negative impact of stress. They learn how to increase their stress tolerance at the mental and emotional level and how to manage their energy during prolonged periods of stress.

Visit our website at [www.nadjaelfertasi.com](http://www.nadjaelfertasi.com) for more information about emotional intelligence. Email us at [info@thrivewithEQ.com](mailto:info@thrivewithEQ.com) for inquiries.

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