

# Strong Teams, Less Stress

## Skills for the Jobsite & Office



Join us for a monthly online workshop series designed to help professionals reduce stress, manage time, navigate challenges, and communicate with impact. Each 90-minute session is designed as a standalone experience — so whether you join for one, a few, or all sessions, you'll gain practical tools and strategies you can use right away. You'll find valuable growth opportunities in every session, no matter when you start.

### Program Schedule:



#### Managing Workplace Stress

November 13, 2025 11:00 AM -1:00 PM PT - [Register Here](#)

Develop healthy habits, reduce stress, and create more balance.



#### Time Management

December 09, 2025 11:00 AM -1:00 PM PT - [Register Here](#)

Plan smarter, work efficiently, and maximize productivity.



#### Managing Difficult Personalities

January 14, 2026 11:00 AM -1:00 PM PT - [Register Here](#)

Navigate conflict, gain cooperation, and drive collaboration.