

Seminars Offer Insight In Handling Holiday Stress

By SeminarInformation.com

Dated: Nov 28, 2007

SeminarInformation.com, the largest database of seminars on the Internet, lists seminars to help individuals and teams handle the stresses of everyday life and business.

As the year end approaches and the holiday looms ever close we all are under tremendous stress to get it all done - both at work and in our personal lives. Sometimes it just seems overwhelming.

The SeminarInformation.com database of seminars and conferences lists a few seminars that may be of help:

"Managing Emotions and Thriving Under Pressure " from SkillPath Seminars
(<http://www.seminarinformation.com/event/23174>)

"Managing Chaos: How to Set Priorities and Make Decisions Under Pressure" from the American Management Association (<http://www.seminarinformation.com/event/21027>)

"Managing Emotions Under Pressure" from CareerTrack Seminars (<http://www.seminarinformation.com/event/23185>)

You can find these seminars and thousands more on SeminarInformation.com.

###

Seminar Information Service, Inc. in business since 1981, is the major supplier of seminar information on the Internet with it's SeminarInformation.com website. Visitors to this free site find a seminar from over 360,000 dates and locations, read complete outlines and then can enroll online, by phone or fax.

A free Personalized Recommendation service is available and can assist in selecting just the right seminar. Call 877-736-4636 to speak to a seminar expert.

Category	Business, Human Resources, Society
Tags	seminars, stress, skillpath, american management association, careertrack, pressure, chaos
Email	Click to email author
Website	http://www.SeminarInformation.com
Phone	949-261-9104
Fax	949-261-1963
Address	20 Executive Park Ste 120
City/Town	Irvine
State/Province	California
Zip	92614
Country	United States