

## Seminars Offer Insight In Handling Holiday Stress

By SeminarInformation.com

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*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.

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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
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