



Course Category	Extra-curricular Activities			
Course Title	Understanding Emotions and How to Release Stress			
Course Code	EC121			
Medium of Instruction	Chinese			
Duration	3.0 hour(s)			
Course Fee	Macao Resident: MOP250  (Early Bird Promotion: MOP230) Non-Macao Resident: MOP250  (Early Bird Promotion: MOP230)			
Certificate	Certificate of Attendance by Request			
	Course Code	Sub Code	Course Start Date	Course End Date
	EC121	2401	2024/03/08	2024/03/08
Outline	With the changes and development of society, the pressure of people's life and work is also increasing. Stress adaptation has become our life lesson. Through the understanding of stress and emotions, this thematic training will help you to learn the effective ways to reduce stress and the positive communication patterns. This enables participants to relieve their work and life pressure, improve interpersonal communication, and enhance work efficiency and dedication.			