

Responding to Stress

Webinar

ABOUT THIS TRAINING

Life and work is full of stressful situations. Join us for about an hour to learn about the potential impacts of stress on our health, and hear about various strategies or techniques from the area of mindfulness that may help us in these situations. We will apply one or more of these strategies during the hour.

INSTRUCTOR



Keith Knapp
IA LTAP

DETAILS

Date: May 29, 2025

Time: 12:00 PM - 1:00 PM (ET)

Cost: FREE

Registration Deadline: May 28, 2025

Please note: This event is virtual only

INTENDED AUDIENCE

- Frontline Workers
- Administrative Staff
- Supervisors
- Managers
- Engineers
- Technicians
- Anyone who deals with stressful situations



QUESTIONS?



Email ctt@mtu.edu

Registration is required for fulfillment of continuing education. Read the Center for Technology & Training policy [here](#).

No-shows/cancellations within three business days of the event are charged the full registration fee; substitutions accepted

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Accommodation requests related to a disability should be made at least ten business days prior to the event by emailing ctt@mtu.edu.