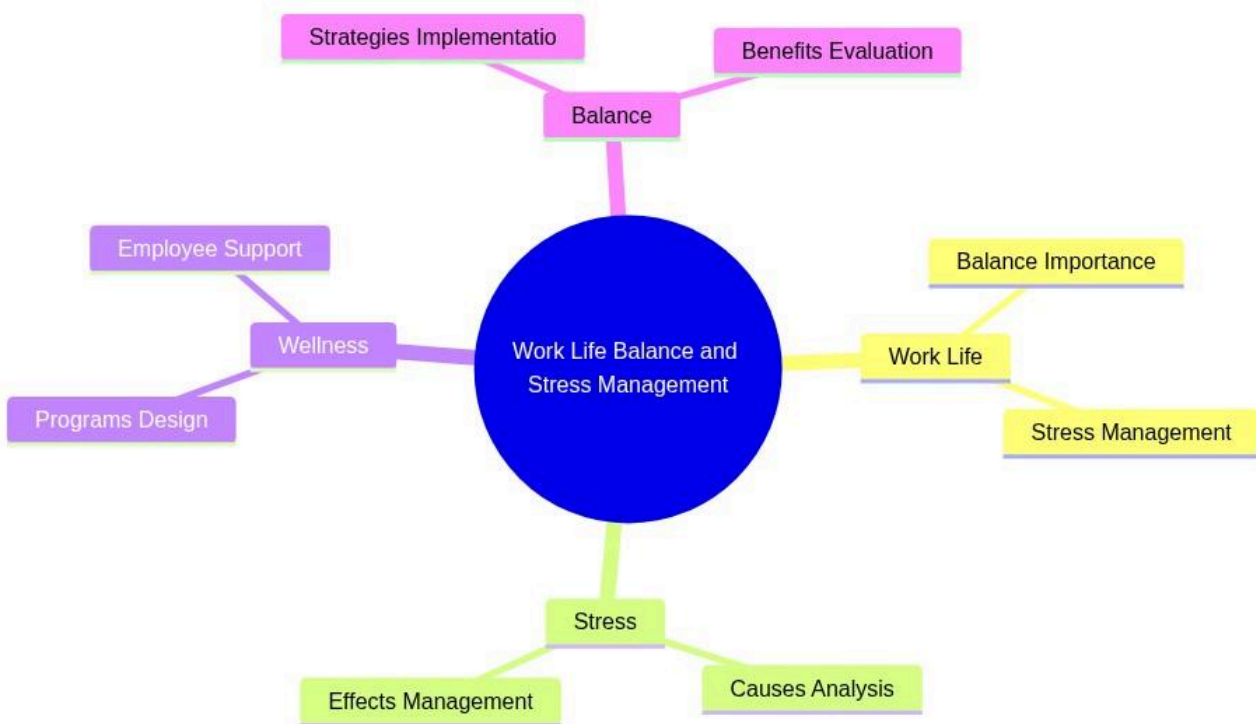


Postgraduate Certificate in Employee Wellness

Work-Life Balance and Stress Management



mindmap

root((Work Life Balance and Stress Management))

Work Life

Balance Importance

Stress Management

Stress

Causes Analysis

Effects Management

Wellness

Programs Design

Employee Support

Balance

Strategies Implementatio

Benefits Evaluation