


STRESS MANAGEMENT AND EMOTIONAL REGULATION FOR TRANSLATORS AND INTERPRETERS



 **Dates:** 20 & 21 May 2024 | 5.30 p.m. to 8.30 p.m.

 **Main Languages:** English & Arabic

 **Target Audience:** Students, Alumni & Professionals
Maximum number of participants: 25

 **Cost :** 60\$

 **Platform:** Zoom

OUTLINE:

- 1- Understanding Stress
- 2- Understanding emotional regulation
- 3- Managing stress and regulating emotions in practice

LEARNING OUTCOMES:

- At the end of this training, participants will be able to:
- 1- Learn how to manage work and studies related stress
 - 2- Learn what emotions regulation is
 - 3- Apply emotional regulation at work



Chantal El Chaer

Masters in Simultaneous Interpretation, Bachelor Degree in Psychology, Masters in Psychology Student, Hypnotherapy Practitioner and Life Coach.



To start your registration by
May 16, 2024 : [click here](#)