

**A series of webinars by Center for Executive Education-IBA**

**LEARN HOW TO**

# **REDUCE & MANAGE STRESS**



**JULY 3, 2020 | 3PM TO 4:30 PM (PST) | ZOOM**

**SPEAKER: AISHA BELA MALIK**

*Soft Skills Corporate Trainer & Motivational Speaker  
Chairperson FPCCI National Standing Committee on Women Education &  
Training*

Registration Link: <https://tinyurl.com/mngstress>

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