



Stress: Performance Tool

An interactive workshop

Optimize your efficiency and performance by using stress as a catalyst for motivation and optimal performance.

With Michel Dubord et Patrick Sébastien

Cost: 90\$

* taxes not included

Places are limited to 25 people

This exclusive workshop includes a printed exercise guide.
A healthy snack and drinks will be served.

January 18, 2024 - 7PM - 9.30PM

Information and registration: olasperformance.com



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