



THE BOUNCEBACKABLE WOMAN DON'T HOLD HER BACK

BEING A STRONG WOMAN

MANAGING MY STRESS

Do you want to know how to deal effectively with stress?

TAMING YOUR MONSTERS

Do you want to be able to learn how to fight your own monsters?



#UFSWomen

SEE MANAGING MY STRESS PRESENTATION

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BE ON THE LOOKOUT FOR COMMUNICATION REGARDING THIS

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