

#UFSWomen

We Salute

Our women of quality
Our women making an impact
Our women who care



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?





#UFSWomen

TAMING YOUR MONSTERS

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



SEE MANAGING MY STRESS PRESENTATION

A presentation for you to watch on your own time and in your own space. Visit our website to watch this presentation: .https://www.ufs.ac.za/supportservices/departments/human-resources

BE ON THE LOOKOUT FOR COMMUNICATION REGARDING THIS

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T: +27 51 401 2537 | E: NiemanCL@ufs.ac.za | www.ufs.ac.za | UFSUV | ☑ UFSweb | UFSweb | ⊚ ufsuv

