

Navigating Stress for Business Owners

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11:00 AM, MST

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Great Falls Development Alliance



We all have stress in our lives and business owners often experience unique challenges that increase stress levels. While some stress may be good, too much stress can lead to overwhelm, brain fog, inability to make decisions, irritability and extra frustration. Whether you are just getting started in your business or you are a seasoned professional, join us to understand the impact of stress, identify the “just right” amount of stress and learn practical tips and strategies for navigating stress.

Register: <https://mtsfdc.ecenterdirect.com/events/5872>

Hear experts provide an overview of Small Business Development topics and phone in or type chat questions or comments. We will follow-up with requests or additional information. All webinars are **FREE** and open to the public. These webinars will be recorded and archived. For questions, email jscumacher@montana.edu

Join the webinar live or access recorded webinars and resources at:

www.montana.edu/extensionecon/smallbusiness

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