

Kursus Cabaran dan Stress Bekerja di Rumah

24 Februari 2021 (Rabu)

Menggunakan Platform *Google Meet*

REC NUR FARHANA ARDILLAH BINTI AFTAR - is presenting

Tip #1: Responding/reacting to demand/challenge

- take note of changes
- list down tasks
- list down challenges
- develop strategies /
plans



67% CABARAN DAN STRESS BEKERJA ... X

People (22) Chat

R RAMLAH BINTI ... (You) A AHMAD FAIZAL BIN T... IIDA HASLINDA BT MULJANA... JALUMAH BRITIYU... MARTHA MEDI @ M... MASRI BIN JUDAH... MAZNAH BINTI KUP... MICHAEL URIKI... MOHAMMAD WAJIR... MOHD AZHAR BIN S... MOHO JAIEROL SIN... MUSA BIN USOP... NONNY @ ROMILAH TAN BINTI SEVERINUS... NUR FARHANA ARDILLAH BINTI AFTAR - is presenting

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