



NO-NONSENSE TRAINING SOLUTIONS, INC. PRESENTS:

MANAGING FRUSTRATION IN THE WORKPLACE

With Coach Lisa Gilbert

DATE: March 26, 2025 | **LOCATION:** Virtual Zoom | **TIME:** 12–1 PM EST

FREE
VIRTUAL LUNCH
& LEARN

Join Coach Lisa and bring your lunch for this **FREE Virtual Lunch and Learn** seminar as she gives strategies, insight and wisdom on how to manage that workplace frustration.

 **DURING THIS SEMINAR ATTENDEES WILL LEARN:**

- ✓ Learn the difference between frustration and irritation.
- ✓ Determine the source of their frustration.
- ✓ Learn the 5 step No-Nonsense Strategy to manage your frustration successfully.

 **VIRTUAL SPACE IS LIMITED, SO PLEASE SIGN UP TODAY.**

CLICK HERE AND USE PROMO
CODE: FREE SEMINAR TO SECURE
YOUR VIRTUAL SEAT!

NoNonsense
Training Solutions

"Providing Uncommon Training Strategies That Produce Outstanding Results"

www.nononsensetrainingsolutions.com