



the  
**b-smart**<sup>tm</sup>  
program

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enhancing individual and organisational performance

- Work stress
- Burnout
- Anxiety
- Depression
- Anger
- Job satisfaction
- Back / Neck Pain
- Insomnia
- Emotional exhaustion
- Head aches
- Productivity
- Fatigue

Your next appointment:

Date:

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Time:

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