

JUDICIAL RETREAT 2014

METHODOLOGIES
FOR MANAGING STRESS



*CeronnePrevatt*¹

Life Skills Technical Consultant²
ceronne.prevatt@open.uwi.edu
cprevattw@yahoo.com
www.liberationeducation.com

¹Prevatt, Ceronne and Prevatt-Hyles, Dianne. 2012. *Life Skills Training – a Critical Reflective Approach*. Xlibris. ISBN: 978-1-4691-6068 - 3

² International Professional Life Skills Association: international.lifeskills.a@gmail.com