



Stress Management for Peak Performance

Topic Importance

"Who of you by worrying can add a single hour to his life? Since you can not do this very little thing, why do you worry about the rest?" - Luke 12:25-26. This Interactive Workshop will guide you to manage your stress, allowing you to increase your productivity, both on a personal and professional level.

Objectives

During this presentation, you will have opportunities to:

1. Identify stress factors – **Team Exercise**
2. List effective coping techniques – **Team Exercise**
3. Identify benefits, both on a personal and professional level – **Team Discussion**
4. Rate your "**Stress**" level – **Individual Exercise**

Benefits

In 3 short hours you will learn:

1. Eight common stress factors
2. Five techniques to manage stress
3. Five benefits of reduced stress
4. Ten observations to assess your "**Stress**" level

Expertise

Acquired from several years as a Corporate Manager, from MBA and Ph.D. (ABD) studies and research. Successfully apply these techniques as a Corporate Trainer and Motivational Speaker who delivers training workshops and keynote speeches to organizations.

Target Audience

Administrators, Business Owners, Executives, Managers, Professionals, Supervisors, Support Staff and anyone who wants to reduce stress to become more productive

Duration

3-Hour **Interactive Workshop**

Class Size

12-15 participants - optimum for increased personalized attention and more interactions

Why **P**ositive **A**ctions

Over the past four years, **P**ositive **A**ctions has motivated teams to increase productivity, teamwork and communications with each other and their customers through customized cost-effective Training Seminars and Motivational Speeches. Positive Actions quickly provides customized, creative, cutting-edge and cost-effective training solutions to satisfy your training needs. For example, we had a 2-day turnaround to provide training solutions to a major corporation that we successfully accomplished. Organizations save time and money and increase productivity that will in turn increase their bottom line by using techniques learned in our workshops. Additionally, **P**ositive **A**ctions provides timely follow-up to enhance business objectives.

"Thank you for your wonderful seminar on Public Speaking. My group of trainers as well as myself learned so much from the exercises. We all felt empowered and more confident in our training capabilities."

L. Roness, Nordstrom Regional Director

Invest in your employees with **Positive **A**ctions today—satisfied employees provide fantastic customer service! "Companies that invest above the average in employee learning outperform the stock market by more than 45%. Those that don't, under perform by 22%." (ASTD/Bassi).**

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