

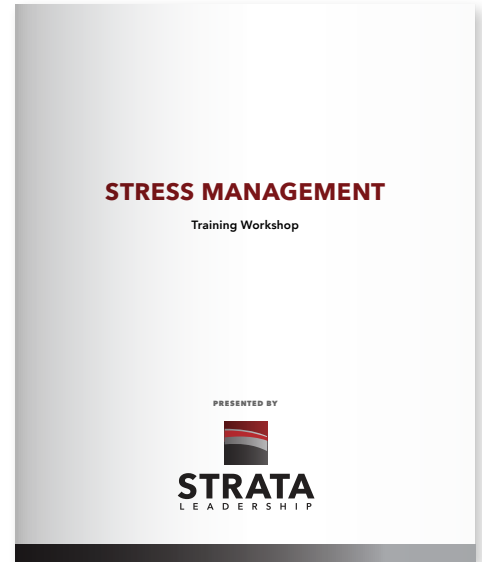
## MANAGING STRESS

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Do you want to work in a culture of competence and confidence? Do you want to reduce your level of stress and the level of stress within your organization? Do you want tools in your “toolbox” to deal with, and combat unhealthy stress?

### EFFECTIVELY MANAGING STRESS:

- Increases productivity
- Reduces anxiety and anxiety-related illness
- Decreases conflict
- Minimizes time lost
- Creates a positive and supportive culture
- Builds confidence
- Improves working relationships



This comprehensive and effective training in stress management, addresses stress at its root and provides information to help leaders identify stress triggers and responses. You will become effective in decreasing not only your personal stress level, but also that of your team and organization.

### YOU WILL LEARN TO:

- Identify stress triggers
- Develop effective responses to all types of stress
- Effectively decrease your level of personal stress
- Address and reduce the level of stress on your team and within your organization
- Create a “road map” to less stress at work and at home

**Effective stress reduction will decrease organizational turnover and turmoil. A relatively stress-free workplace will enhance productivity and drastically reduce time lost due to anxiety or anxiety-related illness.**