

LIFE IS NOT A STRESS REHEARSAL: STOP STRESSING & START LIVING!

Program Description

Overview:

Are you out of juice and overwhelmed? Come to this session and recharge! We will talk about the tools and techniques you can use to reduce and/or cope with the stress in your life. We'll also talk about how to renew your commitment to the things that are important to you. It's about life management, not just stress management!

Objectives:

In this program we will discuss:

- A definition of stress.
- Where your stress is coming from.
- How to find a stress balance.
- Ways to reduce or cope with stress.
- What's within your control.
- Three of the most important stress tools.
- Renewing your commitment to things that are important to you.
- The need for change.

Length: Keynote: 60-90 Minutes
 Workshop: 3-4 Hours