



# STRESS MANAGEMENT

## IN THIS SEMINAR, YOU WILL:

- Understand that stress is how we react to external situations
- Grasp the costs of stress both personally and professionally
- Gain the motivation to make changes
- Enhance emotional control
- Deal with negative emotions in a healthy manner
- Gain perspective on what's important
- Work on the things that are controllable
- Assume responsibility for situations you don't like
- Don't fight against reality
- Become mentally tough by learning to minimize the habit of internalizing situations and taking things personally
- Focus on being more productive
- Learn skills to stop dwelling on counterproductive situations

Elevate Stress Management seminar is designed to increase employee productivity by teaching them how to cope with heavy workloads, demanding expectations, and the daily dramas that cause stress at work and at home. This workshop will give your employees the tools to increase their mental toughness and decrease the likelihood they will be distracted by negative emotions while under pressure. The members of your workforce will spend more time being focused and productive and less time feeling annoyed and frustrated.



**CALL TODAY!**

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