

The **“Stress Intelligence Series”** teaches people how to neutralize and counter the effects of stress in their life and how to use stress to their advantage. These programs are true game changers in how we deal with stress and, perhaps more importantly, how we are able to counter what stress does to us and how it affects us.

“All Stressed Up... With No Place to Go?” offers easy and effective answers to "What can I do about stress?" The harmful stress from home, from work or from anywhere. Learn how to positively defuse, reduce and counter the effects of stress in your life and on your health. Help create a culture of high-performance stress busting people at work.

Training Goals and Objectives:

1. Understand the types of stress and how they affect us.
 2. Learn easy and effective tools to manage, neutralize and counter the effects of stress.
 3. Leave with an immediately actionable plan to effectively take control over stress and its effects.
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“How to Make Stress Work for You” teaches mindset interventions and techniques to help people see and respond to stress differently, in a healthier and more useful way. The skill sets taught are fundamental in helping people increase performance as well as avoid burnout and disengagement while creating a greater sense of well-being.

Training Goals & Objectives:

1. Understand the research on the good side of stress.
2. Increase performance by cultivating a new mindset about stress.
3. Learn how to easily and effectively transform harmful stress into helpful stress.