

HOW TO MANAGE STRESS

June 28, 2012—9:00 am to 4:00 pm

Presented by Fred Pryor Seminars

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SBETA 600 N. Arrowhead Avenue, Suite 300, San Bernardino

To make a reservation, contact Edith Fomby
909-888-7881, ext. 223 or efomby@sbeta.com

HAVE YOU NOTICED THE PEOPLE IN YOUR ORGANIZATION STRUGGLING WITH ANXIETY—FATIGUE— INABILITY TO RELAX OR “OUTBURSTS” ON AN ONGOING BASIS?

If so, our Stress Management seminar is for them! Demanding lives will always have some stress... and that's OK! The right amount of stress can fuel energy levels, creativity, and productivity. What we all need to learn, however, is how to operate on our personal optimum stress level, while protecting ourselves from dangerous over-stress. This powerful seminar shows you exactly how the men and women in your organization can do that—lower their stress levels and enjoy their successes!

KEY LEARNING POINTS...

- 6 clever ideas to control and redirect anger in a positive, productive way
- Recognize the 10 signs that indicate serious stress levels—before it's too late!
- The link between procrastination and stress— understand it and stop procrastinating once and for all!
- The disastrous “do-it-all” syndrome: a sure-fire way to know if they're acting like victims and how they can escape!
- Learn how to ensure others don't load their problems on them
- Identify and correct 6 not-so-obvious stresses they face—sneaky “hidden” stressors they may not even be aware of!

WHO WILL BENEFIT...

- All the people in your organization who need help controlling the demands, pressures, and problems that other people place on them!

HOW WE PRESENT THIS MATERIAL...

- The on-site environment, which allows people to share freely, is a perfect setting for them to take the first step towards lowering their stress levels. Your certified on-site trainer will use both the workbook and group activities to make the information come “alive” for everyone!

AS A RESULT OF THIS TRAINING...

- Participants will understand the specific stressors in their lives and the ways they can overcome them
- They will have more positive energy and be able to direct it towards achieving success in both the workplace and at home, in every facet of their lives!

* A light breakfast and lunch will be provided.



City of San Bernardino Employment and Training Agency