

Stress Management for Women

Learn how to beat stress and change forever the way you manage your active, vigorous agenda.

This seminar will present you with easily adapted tips and strategies that can put to work right now. Focus on step-by-step techniques that help defeat stress and regain confidence, stamina and self-control. Gain a new perspective on your job, career and goals. In this seminar, you will take a fresh look at yourself, your lifestyle and what you want to attain.

Attend this seminar, and you will learn proven strategies and tactics to ...

- Attack stress at its source! Know the seven major causes of stress and how to neutralize them.
- Rebuild and renew creativity, confidence and enthusiasm.
- Protect your health and create a nutrition, exercise and sleep routine that works for you.
- Balance your numerous commitments, without the conflicts! Learn three powerful steps that make it possible.

14 Ways This Seminar Will Change Your Life!

1. Explore the link between procrastination and stress ... and stop procrastinating once and for all.
2. Have you lost your sense of humor? Learn a creative way to regain the joy and fun of living.
3. Take an enlightening self-test to identify your own personal stress triggers —

once you know them, you can deactivate them.

4. Find realistic ways to close the gap stress puts between you and your family ... you and your friends ... you and your employer.
5. Beware of the disastrous “do-it-all” syndrome: Know whether you’re a victim — and, more important, how to escape!
6. Combat “brain cram”! Learn high-impact tactics to recapture your concentration and mental stamina!
7. Discover dynamic approaches that harness the power of stress and help you reach your peak performance.
8. Learn about a woman’s unique stress resistors — and how to use them to your greatest advantage.
9. Implement six clever ideas to control and redirect your anger in a positive, productive way!
10. Take decisive steps to ensure others don’t unload their problems on you.
11. Warning! Recognize the ten signs that indicate serious stress levels — before it’s too late.
12. Identify and correct six not-so-obvious stresses you face — sneaky “hidden” stressors you may not even be aware of.
13. Achieve a real and satisfying balance of work, home, friends and family — and enjoy a new enthusiasm in all your relationships.
14. Start now to improve your physical stamina! Learn quick, easy solutions that improve your sleep, exercise and nutrition routines.

Stress Management for Women

Program Agenda

Stress: Where It Comes from and How It Affects You.

- The five most common causes of stress for working women, with realistic strategies for dealing with each.
- “Hidden” stressors: You may not even be aware of these common situations and activities that trigger stress and anxiety.
- What you can do to prevent “burnout.”
- Learn the stages and symptoms of chronic stress, and the hard-hitting counterattacks for each stage.
- “Success Stress” — how to fight this damaging form of stress that strikes the most talented, high-achieving women.
- Why you may be demanding too much from yourself. Discover innovative methods to manage 10 “self-induced” stress triggers.

Stress and Working Women: What Every Professional Woman Should Know.

- “Perfectionism” and “super achievement” — how to pinpoint and overcome these dangerous, high-stress personality tendencies without sacrificing productivity.
- Techniques for handling pressure and crisis without losing your cool.
- New stress-reducing people skills — how to banish the stress that others cause you in the workplace ... at home ... anywhere.
- A step-by-step process to get others to solve their own problems ... instead of bringing them to you!
- Your own personal “Stress Tolerance Level” — and effective innovative ways to “stay within bounds.”

Stress “Recovery”: Ways to Rebuild Your Energy, Enthusiasm and Confidence.

- Danger signals! eight telltale signs that stress is seriously affecting your energy and performance.

- How to stay balanced during intense, high-pressure situations.
- In search of “lost” creativity: Reduce the tensions and stresses that inhibit your natural creative energies.
- How to conquer deadlines and other time pressures — you’ll control the stress and still consistently succeed.
- Cool and confident! Project the image ... and really feel it!

The Health-Stress Connection: How to Take Better Care of Yourself.

- Ways to protect your health: how to self-treat and eliminate the physical symptoms of stress and burnout.
- Surprising diet and nutrition tips that make it easy to break out of the “fast food” rut.

Stress Control: Guidelines for Maintaining a Balanced Lifestyle.

- How to really relax! Get the most out of your leisure time — and get more of it.
- Three effortless ways to conquer everyday hassles and tensions that add to your stress burden.
- Smart efficiency tips that ensure you’ll get the maximum results for your efforts.
- The “Fatigue Cycle”: Regain your strength with real-life ways to overcome low energy and weariness.
- When, and how, to leave work at the office!

Stress Management: Effective Practices That Allow You to Unwind and Renew Yourself.

- Long-term and short-term stress — why it’s critical to be able to tell the difference.
- The successful working woman’s stress-management secret: how to harness stress as an energy gainer ... instead of an energy drainer