

# Stress Management *for Women*

Beat stress-caused tension, frustration and fatigue – and change forever the way you manage your active, vigorous agenda

*Leading health organizations assess that women experience 30% more stress than men. 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.
- Defeat workplace stress. Get hard-hitting tips to handle pressure, crises, problem solving and decision making with ease.
- 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.
- And much more!

**Enroll Today!**

Choose a morning or afternoon session



**Online**

[www.pryor.com](http://www.pryor.com)



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1-800-556-2998



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913-967-8849



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**Fred Pryor Seminars**  
P.O. Box 219468  
Kansas City, MO  
64121-9468



## Seminar Overview

This half-day seminar was created by professional businesswomen to de-stress and empower one another.

### Who Should Attend:

Working women will benefit the most from this seminar, but all women who undergo stress from trying to juggle multiple tasks and deal with difficult people can benefit from the stress-management skills covered in this seminar.

## Gauge your STRESS level:

1. Does it seem like your to-do list is never ending?
2. Are you missing out on family events?
3. Are your personal relationships exhausting instead of relieving?
4. Do you feel like your projects are lacking?
5. Do you find it difficult to relax when you have down time?

If you answered "Yes" to three or more, then you're stressed and should attend this seminar to gain skills that will help you successfully handle stress.

**The American Psychological Association reports that women experience chronic stress at a rate of 30% more than men.** Additionally, the National Institute of Mental Health states that women experience more stress due to both physiological and psychosocial factors ranging from how stress impacts the health and body differently between the sexes and the fact that women are more likely to balance multiple roles in the home and at work.

Demanding lives will never be totally without stress. In fact, experts agree that the right amount of stress can fuel your energy level, creativity and productivity.

## How Can I...

### ***Stay calm and focused in the face of deadlines and emergencies when everything is RUSH and URGENT?***

Sometimes you can't avoid high-pressure situations. However, you can greatly reduce overstressing if you know a few ingenious, super-quick methods to keep tension and anxiety in check. Don't face another "pressure-cooker" situation without the fantastic on-the-spot techniques covered at this seminar.

### ***Control the demands, pressures and problems that other people place on me?***

Just say no! Whether it's your coworkers, boss, spouse or children, you'll learn how to gently, but firmly, encourage others to solve their own problems. You'll discover dozens of super-effective tips to eliminate the stress that other people cause you.

# Discover how to live a less stressful life with these 15 key learning points:

- Learn about women's unique stressors and how they shift throughout your life and career
- Discover the most common causes of stress for working women — and realistic strategies for dealing with each
- Recognize the signs that indicate serious stress levels — before burnout occurs
- Take advantage of realistic ideas to close the gap stress creates between you and your family, friends and employer
- Escape the disastrous “do-it-all” syndrome
- Develop stress-reducing people skills that help you cope with the anxiety others cause you
- Juggle multiple commitments while maintaining a sense of satisfaction and self
- Conquer deadlines and other time pressures
- Overcome perfectionism and “super-achievement” without sacrificing quality or productivity
- Harness the power of stress and let it help you reach your peak performance
- Strengthen your physical and emotional stamina
- Learn to really relax! How to get the most out of your leisure time (and how to get more of it)
- Find out why it's critical to be able to tell the difference between long-term and short-term stress
- Change your mindset and approach to see stress as an energy gainer instead of an energy drainer
- Achieve a real and satisfying balance between work and life — and enjoy a new enthusiasm in all your personal relationships



## FREE DIGITAL RESOURCES FOR EVERY PARTICIPANT

Your registration includes a variety of seminar resources that highlight pertinent information. These materials are offered digitally—making learning interactive and easily accessible. Reference these materials time and time again to recall key points and problem solve.

# Stress Management *for Women*

## I. Stress: What It Is and How It Affects You

- Identify the most common causes of stress
- Learn psychological and physical signs and symptoms of stress and their effects
- Evaluate how you currently manage signs and symptoms of stress
- Discover triggers and sources of stress for women
- Determine how women's stress differs from men's
- Gender-based reactions to stressors
- How these reactions affect work and home relationships
- Ways to combat these gender-related stressors
- Take a self-assessment to determine your stress level
- Explore the positive aspects of stress and how it can be used as a motivator
- Analyze ways to resist negative stress

## II. Take Control of Your Life to Take Control of Your Stress

- Improve relationships with active listening skills and stronger communication
- Attain assertiveness techniques that lead to mutually respectful interactions
- Discover conflict-management and resolution techniques that help maintain rapport
- Explore time-management techniques that will improve productivity and reduce stress
- Learn how to let go of perfectionism — and the procrastination that comes with it
- Achieve successful delegation by overcoming "do-it-all" syndrome

# Seminar Agenda

Choose a morning or afternoon session

## **Morning Program:**

Check-in: 8:00 a.m. – 8:30 a.m.

Program: 8:30 a.m. – Noon

## **Afternoon Program:**

Check-in: 1:00 p.m. – 1:30 p.m.

Program: 1:30 p.m. – 5:00 p.m.

## **III. Change Your Mindset**

- Discover the power of optimism and how it can reduce stress
- Define situations as manageable rather than stressful
- Revise negative self-talk into positive self-talk
- Find a sense of belonging to maintain emotional health and well-being
- Build social support networks to nurture the “tend-and-befriend” stress reaction common among women
- Make diverse interpersonal connections to increase the number of supportive relationships in your life
- Evaluate your current sense of belonging, social support networks and interpersonal connections and identify how to improve them

## **IV. Manage Your Stress Going Forward**

- Discover tips to balance work and family commitments
- Evaluate current work-life balance and determine where changes can be made
- Learn to disconnect to reconnect, lower your stress and build stronger relationships
- Plan, prioritize and pare down commitments to make “me” time
- Determine where relaxation and fun can be added to your schedule
- Change unhealthy coping habits for the better
- Take care of your body and mind
- Improve your sleep to avoid the physical and emotional damage sleep deprivation causes
- Follow your passions and stay in touch with your feelings

# Registration Information

**Enroll Today!** Hurry, our seats fill fast. Guarantee your enrollment by paying your tuition today. You will receive a confirmation once your registration is complete. Payment is due before the program.

**Quick Confirmation!** To receive your confirmation within 48 hours, please complete the Quick Confirmation section of the registration form. Be sure to provide us with your email address and/or fax number.

## Program Schedule

### Morning Program:

Check-in: 8:00 a.m. – 8:30 a.m.  
Program: 8:30 a.m. – Noon

### Afternoon Program:

Check-in: 1:00 p.m. – 1:30 p.m.  
Program: 1:30 p.m. – 5:00 p.m.

## Cancellations and Substitutions

You may cancel your registration up to 10 business days before the program, and we will refund your tuition less a nominal cancellation fee. Substitutions and transfers may be made at any time to another program of your choice scheduled within 12 months of your original event. Please note, if you do not cancel and do not attend, you are still responsible for payment.

### Please Note

- You will be notified by email, fax and/or mail if any changes are made to your scheduled program (i.e., date, venue, city or cancellation).
- Walk-in registrations will be accepted as space allows.
- For seminar age requirements, please visit <http://www.pryor.com/faq.asp#agerequirements>.
- Please, no audio or video recording.
- Lunch and parking expenses are not included.
- Dressing in layers is recommended due to room temperature variations.
- You will receive a Certificate of Attendance at the end of the program.

## Tax-Exempt Organizations

If you are tax-exempt, enter your tax-exempt number in Section 6 on the Registration Form. Please mail or fax a copy of your Tax-Exempt Certificate with your registration for payment processing.

## Tax Deduction

If the purpose of attending a Fred Pryor seminar is to help you maintain or improve skills related to employment or business, expenses related to the program may be tax-deductible according to I.R.C Reg. 1.162-5. Please consult your tax adviser.

## Continuing Education Units (CEUs)

Fred Pryor Seminars offers CEU credits based on program length and completion. Credits are issued according to the National Task Force for Continuing Education guidelines and approval is at the discretion of your licensing board. Questions or concerns should be directed to your professional licensing board or agency.

## Completion & Continuing Education Certificates

To obtain a certificate documenting your completion and/or CEU credits, please visit [www.pryor.com/certificate](http://www.pryor.com/certificate). Certificates will be available 10 days after your event has ended.

# Onsite Training Solutions

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## Update Your Contact Information!

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EXPRESS CODE

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- Online pryor.com
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- Fax to 913-967-8849
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**1**  Please register me for the half-day, ***Stress Management for Women.***

**2 IMPORTANT!** Please fill in VIP number as it appears on the address label.

VIP \_\_\_\_\_ (\_\_\_\_\_) IF AVAILABLE

**3 ORGANIZATION INFORMATION**

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ ZIP: \_\_\_\_\_

Tele: \_\_\_\_\_ Fax: \_\_\_\_\_

Approving Mgr's Name  Mr.  Ms. \_\_\_\_\_

Job Title: \_\_\_\_\_  Business  Home

Email Address: \_\_\_\_\_

**4 QUICK CONFIRMATION**

Please email or fax my confirmation to me within 48 hours.

My email address or fax is: \_\_\_\_\_

**5 NAMES OF ATTENDEES** (Please list additional names on a separate sheet.)

#1 Attendee's Name  
Mr.  Ms.

Job Title \_\_\_\_\_ City Event # \_\_\_\_\_

Email (required): \_\_\_\_\_  Business  Home

#2 Attendee's Name  
Mr.  Ms.

Job Title \_\_\_\_\_ City Event # \_\_\_\_\_

Email (required): \_\_\_\_\_  Business  Home

**6 METHOD OF PAYMENT** (Payment is due before the program.) Please make checks payable to Fred Pryor Seminars and return form to: P.O. Box 219468, Kansas City, MO 64121-9468. Our federal ID# is 43-1830400 (FEIN).

Please add applicable state and local tax to your payment for programs held in Hawaii (4.166%; Honolulu 4.712%), South Dakota (6.5%) and West Virginia (6%; plus applicable local tax)

Total amount due: \$ \_\_\_\_\_

Check # \_\_\_\_\_ (payable to **Fred Pryor Seminars**) is enclosed.

Bill my organization. Attn: \_\_\_\_\_

Purchase order # \_\_\_\_\_ is enclosed. (Attach purchase order to completed registration form.)

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MO. \_\_\_\_\_ YR. \_\_\_\_\_

EXPIRATION DATE

CARD NUMBER

Card Holder's Name \_\_\_\_\_

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Please attach a copy of your Tax-Exempt Certificate for payment processing.

**Note:** If you've already registered by phone, by fax or online, please do not return this form.

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