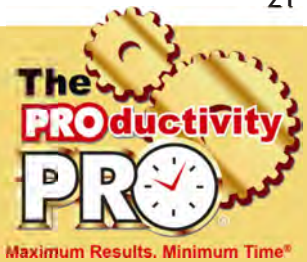


GETTING RID OF STRESS & BURNOUT

Strengthen Your Sense of Humor and Emotional Control



PROGRAM DESCRIPTION

The nature of work today can intensify emotional reactions. As you face the pressures of more work, more interaction with co-workers, and more stressful deadlines, you're likely to find yourself in situations where it is critical to identify and control your emotions. Unmanaged stress not only destroys your productivity, but it can also destroy your health. Stress is a known factor in 70 percent of all diseases, so people must learn to boost their energy and reduce tension. This course examines the link between your emotions and stress and teaches behavioral techniques to help you productively manage your emotions, prevent out-of-control situations, and reduce your stress. This course will help professionals who are pushed to the limit every day.

COURSE OBJECTIVES

» Discover the sources of your stress.	» Become a positive thinker with a great attitude.
» Understand how stress and productivity are related.	» Have a good sense of humor and take things lightly.
» Identify the five stages of burnout.	» Create “humor triggers” to counter stressful situations.
» Learn the direct impact of perception on your emotions.	» Set boundaries with others and learn to say no.
» Uncover your “normal” workplace and industry stressors.	» Control your temper at work and stay calm when angry.
» Take personal responsibility for your own stress level.	» Keep stressful events or difficult people from bothering you.

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