

Fundamentals Of Stress Management

One-Day Workshop

June 7th, 2011

9:00 am-5:00 pm

Register Now! Seats limited

Call: 321-431-5054

Email: Anne-Marie

@EmergenceResources.com

Online:

www.trainteams.com/regist.html

Location

Cocoa Beach Inn
4300 Ocean Beach Blvd
Cocoa Beach, FL 32931
(SR 520 and A1A)

www.theinnatcocoabeach.com

Pricing **

1 Participant \$249

3+ Participants \$229

Non Profit \$229

Early Bird 10%

Discount

Before May 18th

Cancellation-
Refund

1 week or more Full

Less than 1 week Credit*

** includes lunch and snacks

* towards individual sessions

Break the cycle of Stress and Thrive!

Did you know that 80% of medical consultations are influenced by stress levels? While positive stress provides a healthy stimulation, negative stress decreases productivity, prevents access to our full competencies and reduces employee motivation. This one day seminar is intended for business professionals who want to reduce their stress and optimize their effectiveness. In a small and interactive format, participants receive individual attention and personalized advice. At the end of the workshop they will have a concrete plan to apply immediately. They acquire skills and techniques compatible with a full work day.



Overview - Topics covered:

- Self Diagnostic: identify your **top stressors** and build a **personal shield**.
- Understand the **3 toxic ways** that stress manifests and how to **prevent** them.
- Fight or flight: a 4 step process to **control your emotions**.
- Using **heart coherence** to restore **serenity** in any situation.
- Augment your **resistance** to stress with easy to practice **relaxation** techniques. Regain **mental clarity** and unleash your productivity.

Handouts and Guided Practice CD are included.

Here is what some of our previous participants said:

"I am amazed at the results". "I got simple and advanced techniques that really work to evacuate stress and regenerate energy!". "I feel more confident". "I am motivated to keep a healthy pace". "Excellent facilitator, supportive, empathetic, dynamic and engaging!"

Your facilitator

Dr. Anne-Marie Derouault has trained over 400 business professionals and managers with **top satisfaction** rate. She worked as an executive at a Fortune 500 computer company for over 20 years, where she directed international teams in the areas of alliances, marketing and emerging businesses. She holds a PhD in Mathematics and a Masters degree in Psychology from Paris University, France. Her company, Emergence Resources, LLC, specializes in developing people and teams. She offers team training and individual coaching internationally in the areas of Time Management, Stress Management, Communication and Leadership.



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