

# Fundamentals Of Stress Management

One-Day Workshop, June 7th, 2011

9:00 am-5:00 pm

Dr. Anne-Marie Derouault, over 20 years of experience with Fortune 500 companies

**\$399 value,  
starting at \$169!**

**Register Now!  
Seats limited**

Call: 321-431-5054

Email: Anne-Marie  
@EmergenceResources.com

**Online:**

[www.trainteams.com/regist.html](http://www.trainteams.com/regist.html)

## Location

The Inn at Cocoa Beach

4300 Ocean Beach Blvd

Cocoa Beach, FL 32931

(SR 520 and A1A)

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

## Pricing \*\*

Value \$399

Regular Price \$249

Summer Special \$189

3+ Participants \$169

Or Non Profit

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 accumulated stress decreases productivity, prevents access to competencies and destroys motivation? *And*, research shows that unmanaged stress is **six times** more predictive of cancer and heart disease than smoking, high cholesterol levels and high blood pressure! This one day seminar is intended for individuals who want to drastically reduce their stress level and optimize their effectiveness. In a small and interactive format, participants will receive individual attention and personalized advice. At the end of the workshop they will have an array of stress busters compatible with a full work day and a concrete plan to apply immediately.



## Overview - Topics covered:

- Self Diagnostic: identify your **top stressors** and build a **personal shield against stress**.
- Understand the **3 toxic ways** that stress manifests and how to **prevent** them.
- Fight or flight: a 4 step process to **control your emotions**.
- **Heart coherence feedback** 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 dissolve 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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