

Success Strategies for Life and Business presents:



Stress Management Training and Certification

April 3 – 5, 2006

Unity Southtowns, 2881 Southwestern Blvd
Orchard Park, NY (716) 684-2007
9:00am to 5:00pm daily

Professional training in the costs, the causes, and the solutions to the problem of stress in the workplace.

Recommended for:

HR personnel • Consultants • Nurses • Coaches

According to a New York Times article, the cost of stress to business is \$200-\$300 billion a year in absenteeism, lost productivity, turnover, and illness.

How is it affecting YOUR Company?

Results from the Gallup Poll (2000), “Attitudes in the American Workplace VI”

- Approximately one million employees in the US are absent daily due to stress or stress-related conditions
- 78% of Americans respond that their job is stressful
- Another 74% felt stress was impacting their coworkers negatively
- In California, Workman’s Comp claims for stress have topped one billion dollars annually
- 80% of workers feel stress on the job, and nearly half of those say they need help in learning how to manage stress
- Prescriptions for anti-depressants, anti-anxiety drugs and sleep aids rose 27% between 2000 and 2002

Clearly, American business faces a major challenge. With no intervention, the losses due to stress will only cost businesses more as time goes on.

According to the National Institute for Occupational Safety and Health, job stress is a combination of worker characteristics and working conditions. **While the focus of this Stress Management Training and Certification is on individual strategies for reducing stress, suggestions for analyzing working conditions will be offered.**

Organizational Benefits of the Stress Management Training and Certification Program

- Increased productivity
- Greater employee retention
- Focus on problem solving
- Decreased absenteeism
- Improved teamwork
- Decreased chronic illness
- More positive work environment
- Improved morale

Benefits for the Individual:

- Improved health and energy
- Reduced feelings of stress
- Greater productivity
- More positive attitude on and off the job

Stress Management Training & Trainer Certification Outline:

- The cost of stress to the individual and the business
- The nature of stress
- Definitions: stressor, stress, eustress
- Statistics relating to stress
- Signs and symptoms of stress
- Assessing stress triggers and levels
- Major vs. minor stresses
- Techniques for physical relaxation (i.e., breathing methods)
- Techniques to relax mentally
- Techniques to deal with anger and frustration
- Time Management skills
- Communication skills
- Developing stress resistant values and goals
- Using a support system
- Environmental tips for reducing stress
- Stress management as part of an overall wellness program

Participants will also learn & receive:

How to effectively promote a stress management program:

- For internal training
- For consultants

Presentation skills:

- Verbal skills
- Nonverbal skills (body language)
- Use of stories for emphasis

Materials included in the program fee:

- Complete trainer's manual
- Power Point presentation CD
- Participant workbook master

"The manuals provided by Success Strategies are excellent. The complete scripts and collateral materials give you everything you need to lead an effective seminar or workshop." - Elizabeth Reaves

About the presenters:

Patricia J. Crane, Ph.D.

An international trainer, speaker, and author, Dr. Crane completed her doctorate at Claremont Graduate School, with a specialty focus on wellness programs at the worksite. She administered a Feel Fit wellness program for six companies with a total of 6,000 employees. In addition, she taught stress management for nine years at the CSU-Fullerton and several community colleges. Dr. Crane has presented to numerous companies and community groups on effective methods for reducing stress. She is committed to assisting individuals and companies find solutions to the challenges they face.

For the past six years, Dr. Crane has focused on international programs, training hundreds of workshop leaders in strategies for success in life and business. She is licensed as a psychologist (#19194) in California.

Rick Nichols

Rick Nichols, an expert on Human Potential, is author, storyteller and international speaker. With his inspirational, warm, and humorous style Rick has captivated audiences from Australia to England and from Honolulu to Barcelona.

Following a four year tour of duty in the US Navy, Rick resumed his education, earning degrees in telecommunications, as well as radio and television broadcasting. He then went on to a twenty-year career with AT&T, culminating as Director of the Los Angeles Executive Conference Center, and Regional Exhibits and Promotions. After downsizing from AT&T Rick founded a communications-consulting firm which earned an excess of one million dollars in revenues during the first full year of operations.

After almost twenty five years in high technology, Rick realized that his real passion and talents were more suited to helping people improve the quality of their lives, on and off the job. He is now co owner of Success Strategies for Life and Business, providing keynotes, seminars, and training on growth, success, and balance.

"Patricia Crane and Rick Nichols are excellent presenters.

They blend factual information, experiential work, and humor."

- Linda Carter, Director of Early Childhood Education, Passaic Community College, NJ

Partial client list:

- Tarbell Realty
- Dole Pineapple
- Southern California Edison
- Dialogues (UK)
- Horizon Seminars (Australia)
- Cheiron Kentavros (Greece)
- Equip de Creixement Positiu (Spain)
- Anaheim Hospital Medical Center
- Martin Luther Hospital Medical Center
- CalComp
- Passaic Community College, NJ
- San Diego State University Leadership Conference
- California Conference for Women
- Orange Coast Community College Women's Conference
- Professional Women's Roundtable

Stress Management Training and Certification

CALL TOLL FREE (800) 969-4584 FOR MORE INFORMATION OR . . .

MAIL/FAX REGISTRATION FORM

REGISTRATION MAY ALSO BE COMPLETED SECURELY ONLINE AT WWW.SUCCESSFORBIZ.COM

April 3 – 5, 2006 — 9:00am to 5:00pm

Name _____

Company _____

Position in the company _____

Address _____

Phone (day) _____

Fax _____

Email _____

**Deposit of \$200 enclosed or full payment of \$695
Checks payable to Heart Inspired Presentations**

Visa Mastercard Amex Discover

Card# _____

Exp. Date _____ Name on the card _____

Fax this registration form to: (760) 728-7390

or mail to:

**Success Strategies for Life and Business
P.O. Box 1081, Bonsall, CA 92003**