

WHEN IT COMES TO
PEAK PERFORMANCE,
THE ABILITY TO MANAGE
STRESS IS A KEY
FACTOR THAT LEADS TO
ORGANIZATIONAL
SUCCESS



How well are your employees coping with the Pandemic?

Stress is a natural response that our body displays when facing an imminent threat called a fight or flight response. When stressed, we experience many symptoms, including a faster heartbeat, higher blood pressure, and more. When the stress response is continuous, our body never has a chance to relax and recover. Over time, a state of chronic stress impacts both physical and mental health and work performance.

Surviving during the Pandemic creates chronic stress dealing with competing demands for our time and attention, especially remotely. As a result, we never let go of worries, and we might start worrying too much about things that happened in the past or may happen in the future, leading to a loss of perspective and stress and anxiety dominating our lives.

Finding ways to manage, reduce, and relieve stress is important to keep chronic stress at bay. Chronic stress can lead to (or exacerbate) serious health conditions such as heart disease, diabetes, cancer, autoimmune syndromes, depression, anxiety disorders, and more. Being able to manage and reduce stress is vital for your health.

In the workplace, stress management is important both for individual staff members and for an organization.

AN INVESTMENT IN YOUR EMPLOYEES:



Increases
Performance



Retains
Talent



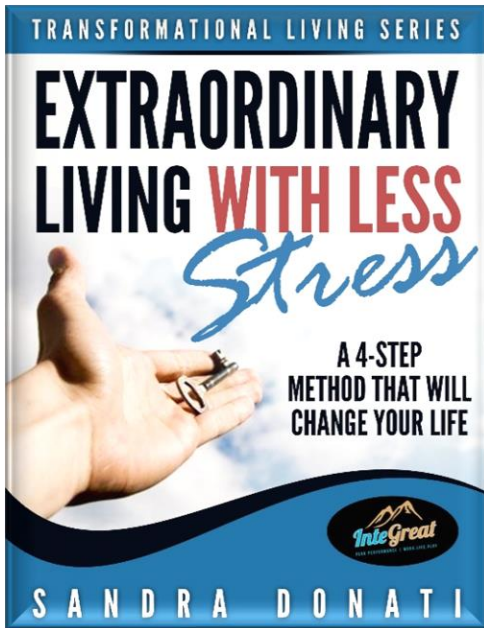
Drives Creativity
& Innovation



Creates better
Collaboration



Workshop Handbook



WHO SHOULD ATTEND?

Executives
Managers
Team Leaders
Employees



Extraordinary Living with Less Stress *Virtual* Workshop will teach participants how to discover the root cause of stress, use stress management strategies, and develop a stress management plan.

Implement my stress management and resilience workshop today. I have designed engaging participant materials, discussions, and learning activities that teach participants the following key concepts:

- Understand and determine the root cause of stress
- Explain the power of the neuroscience of the mind as it relates to stress and its effects on the body
- Learn how to shift one's perspective
- Design personal strategies to live one's life with less stress

After the workshop, participants will be able to apply strategies to strengthen one's resilience to effectively handle stress; become more aware of thoughts, feelings, and actions in every situation or setting; creating stress management habits and prepare for stressful events.

READY TO GET STARTED?

Here's how to implement a successful emotional intelligence initiative workshop in three easy steps:

1. Decide – I'll help you decide who gets the training and why.
2. Prepare – I will customize your workshop to exceed your expectations.
3. Deliver – I will deliver the training in a fun and engaging way that will help make the learning stick.

Sandra Donati, EdS, is a faculty member at American University's School of Public Affairs where she teaches graduate level courses in public management and policy. Sandra is the President, InteGreat Peak Performance. Work. Life. Play. LLC, specializing in organizational leadership development, employee engagement, change management, consulting and coaching with over 700 coaching hours. Prior to her retirement in 2018, Sandra was the Provost, Leadership Academy at the Pentagon Force Protection Agency (PFPA) responsible for the design and launch of the leadership academy in 2014. Her work at PFPA focused on leading change in a complex environment and teaching all levels of PFPA leaders from her Aspiring Leader Program, Leadership in Police Organizations Program, and executive level development program where she taught and graduated over 200 students.

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