

# Conquering Stress

*Learn a New Perspective and New Techniques*

*"Your approach to managing stress wasn't the same old worn information most people share. We gained new insight and realistic techniques. Thanks for a fun and enlightening program..."*

**Hostelling  
International**

*"... I want to thank you for four excellent workshops. Your sessions were not only informative, motivating and thought-provoking, but also as much fun. You have a talent for getting the group to laugh, listen and engage in the sessions. Your very positive and dynamic approach helped to make our first statewide Team Self-Sufficiency Conference a huge success."*

**Max Foresman,  
Missouri Division  
of Family Services**

## **Are you caught up in the faster, more, better whirlwind?**

Does it seem as though demands are coming at you from all sides? It's not all bad. Some stress motivates us to take action and get things done. It's the unrelenting day in day out stress that wears us down and causes illness, unhappiness, lost productivity, strained relationships, and even depression.

It's not going away. And it may even get worse. Don't despair. You can conquer stress. Learn a process to deflect negative impact and use stress as a motivator. Whether it's a major incident or day-to-day issues, Linda shows you how to deal with stress in all environments, and turn it to your advantage.

Depending on your groups needs and the length of your program participants will:

- measure their individual stress levels
- learn three ways to change stress habits
- use the SOS™ technique to solve problems quickly
- initiate a personal stress management plan
- discover 13 sure fire ways to refresh and renew
- harness stress energy for the slingshot effect

You can remain cool, calm, and respond productively to virtually all problems and challenges. All it takes is a new perspective and a few simple techniques.

**Linda Nash**

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