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CONSULTING

PRESENTS



Running on Empty

Stress Management for Work and Home

With Facilitator
Wendy Turner-Larsen,
Registered Psychologist and Corporate Trainer

Cost: \$429/person

Includes light breakfast, lunch, indepth stress-assessment and participant manual.

As a stress-management expert, Wendy Turner-Larsen has assisted many employees over the past 14 years in a safe return to work after varying lengths of stress leave. This workshop is based on several years of research and experience by the facilitator in the field of psychology, both in one-to-one counseling, coaching relationships and in the delivery and design of workshops on stress management, and personal development.

What recent Regina participants said about this workshop:

"I will apply this material. It was great!"

"I learned how quickly you can control your emotions and calm yourself."

"It was a great workshop!"

100% of these participants said that learning to manage stress is relevant to the workplace.

Who should attend:

- Human resource and organizational leaders
- Employees interested in learning how to manage stress more effectively
- Managers/supervisors who want to learn more about workplace stress and how to deal with it
- EAP/Wellness coordinators
- Police, RCMP personnel & trainers
- Counsellors & mental health workers interested in learning how to assist their clients in managing stress
- School teachers & administrators

This workshop is facilitated by

Wendy Turner-Larsen, Registered Psychologist,
Personal Excellence Program Director

Licensed Facilitator Emotional SMARTS®

M.A. Counseling/Psychology, M.A. Adult Education,
President Turner Larsen Consulting, Regina, SK

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A One Day Four Step Stress-Management Workshop

Monday March 12 2012

8:30 am – 4:30 pm

Ramada Inn Regina SK

Business Case for Employee Stress-Management Training: John Kotter of Harvard Business School states: "Because of the furious pace of change in business today, difficult to manage relationships sabotage more business than anything else—it is not a question of strategy that gets us in trouble; it is a question of emotions."

Health and Wellness: Feeling irritable, over-whelmed, burned out, over-stressed, or anxious? You're not alone! Many people experience these symptoms of stress and more: insomnia, low energy, and sensitivity to criticism and disappointment.

"Adult rates of depression and anxiety have tripled since 1990 and 80% of those who consult medical doctors today complain of excess stress." *Julia Ross "The Mood Cure", 2004.* Recent studies also indicate that *depression is now the leading cause of disability in the world.*

Why does this matter at work?

Over-stress and other negative emotions get in the way of workplace performance. Employees that are calm, energized and focused are much better equipped to meet the challenges at work and more able to navigate difficult relationships, manage conflict successfully and quickly recover from emotional or workplace setbacks.

A competency of emotional intelligence, stress management is essential for healthy functioning, healthy leadership and the attainment of business results. Employees are under more pressure than ever to perform and effective stress-management and emotional wellness underpin happy and successful employees and therefore bottom line business results. In order for employees to be effective at mastering the required workplace competencies, they need to excel at demonstrating consistent, positive emotional and stress self-management. This workshop will help participants assess emotional, psychological, workplace, social, relational and physical causes of stress. Course Content:

- Emotional Health – awareness and emotional self-management; the importance of this skill in the workplace.
- Self-Defeating Thinking – addressing the root of stress and lack of balance by understanding one's self-defeating thinking patterns.
- Stress Management –current, practical methods of stress management are discussed and practiced.
- Brain Health, Nutrition and Stress – a healthy brain is a healthy body. A presentation on nutritional methodology and effects on over-stress symptoms.

To Register: w.tl@sasktel.net

Registration deadline: Mon March 5, 2012, 5 pm

Class size is limited, register early!

More information or registration form: www.turnerlarsen.com