

# INTERSECT

## STRESS MANAGEMENT IN TURBULENT TIMES

### 'WEEKLY SHORT'

SUPPORT THE EMOTIONAL AND PSYCHOLOGICAL WELL BEING OF YOUR EMPLOYEES

SHORT LIVE WEEKLY VIDEO

(Contact Wendy to set this up for your organization.)

**THE NEED:** We are living in unprecedented times and the expectations of your organization, you and your employees is changing rapidly. As you know, employees are dealing with numerous changes and stressors: children at home, working from home, family members with illness, financial stressors, social isolation, rapidly changing policies (organization and government) and fear about the future. As a result, your leaders and employees could benefit from short, weekly live sessions (or recordings) on managing stress and mental wellbeing during these challenging times.

**WHAT?** A weekly live short Zoom event presented by psychologist and leadership coach **Wendy Turner-Larsen** to help you and your employees better manage the stress, overwhelm, anxiety, and the change that many are experiencing at this time. Each session will provide one focus each week in order to keep things simple, easy and manageable.

**WHEN?** Weekly, for 20 minutes. You set the time.

**HOW LONG?** 15-20 minutes each session

**HOW?** Live by Zoom Conferencing. Those that cannot attend live, receive the recording to review any time. Leaders can follow up with their teams and/or watch the live or recording together.

**WHAT TO SEND OUT TO YOUR EMPLOYEES?** I will make it easy for you. I will provide you the exact information you can send to your employees that includes what they can expect, the dates, times and zoom link.

#### **ADDED VALUE:**

- All sessions will be recorded. The recording will be sent to you for distribution for those who could not attend live (following the live session). The recording is of extra value as

it can be listened to as much as one needs and all employees have access to this resource. The recordings will be available for one month following the live session.

- A 45 minute stress release hypnotherapy recording created by Wendy that you can distribute to all employees.

#### **WHAT INFORMATION CAN YOU EXPECT?**

- Managing anxiety and stress
- How to support yourself and others
- Managing emotions during turbulent times
- Managing negative thoughts
- Guided visualizations for stress release
- Applying self compassion
- Staying out of perfectionism
- Recognizing emotional triggers
- Learning to let go
- Setting priorities and letting go of unrealistic expectations
- Using neuroscience to manage your mindset
- Applying simple, easy tools to shift out of stress

**COST:** Contact Wendy to discuss the cost.



**PRESENTER:** Wendy Turner-Larsen is a psychologist, leadership/brain coach, professional speaker, workshop designer and facilitator, certified hypnotherapist and brain nutritionist who has extensive experience and expertise in helping stressed out leaders and employees manage their lives. She worked in mental health for almost 20 years, has created training and workshops that focus on resilience and psychological and emotional safety/wellness, stress management, emotional awareness and intelligence and has worked as a leadership coach for over 15 years. She is positive, pragmatic and has a deep, insightful understanding of complex issues and problems and offers practical solutions for difficult life and work challenges. She has 3 Masters Degrees and has been helping individuals and organizations become stronger and healthier for 25+ years.

#### TESTIMONIALS:

- Wendy is an engaging presenter, is knowledgeable and understands people and why they struggle. – *Workshop attendee, Director, Government*
- I have learned how to apply simple yet effective techniques to maintain my emotional health and help me reduce stress. One of the most powerful workshops I have ever attended. – *Workshop attendee, Business Owner/Entrepreneur*
- I've learned so much about how to manage my stress and how to notice it. Wendy goes beyond the basics offering much more than expected." - *Workshop attendee, Manager, Government*
- I've finally been able to more quickly get myself out of my self-limiting thoughts and identify the situations that triggered me and why. Has helped so much with my confidence and stress level. – *Leadership coach, CFO, National Organization*



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