

"3 DANGEROUS TRENDS THAT KEEP EMPLOYEES STRESSED AND HOW TO AVOID THEM FOREVER"

"Stress in the workplace is becoming increasingly common and absenteeism is costing Canadian companies millions of dollars per year. How many employees use self-management techniques to actively reduce their stress levels?"

Not many...

The good news is that I empower employees to take control of their stress by informing them of simple, yet highly effective strategies they can use to reduce their levels of stress and anxiety.

In this presentation, we will address:

- * What drives workplace stress**
- * Identify specific stressors**
- * Why Stress is Good and Why it's Bad**
- * Self-management techniques you can use discreetly**
- * How you may be eating your stress!!!"**

