



Relax, Reawaken, & Get More Done—A Stress Workshop

Key Benefits of Attending:

You'll identify your current coping strategies.

You'll determine which coping strategies you want to strengthen.

You'll learn and practice 10 strategies to reduce stress immediately.

Enlarge your storehouse of stress-relieving tools.

Understand and practice 12 long-term stress reduction strategies.

With these tools, you'll create a powerful repertoire of strategies to keep yourself calm and focused during difficult times.

You'll learn to reduce or eliminate some causes of your stress.

Practice specific skills in the coping strategies of problem-solving, communication, closeness (team connectedness), and flexibility.

A Proven Agenda (full-day, or delivered in 2 half-days)

Pre-work: take *Coping and Stress Profile* (assessment)

Stress Assessment

Review attendees' *Coping and Stress Profile* response summaries, and outline coping strategies.

Introduction of Seminar Action Plan

Develop your personal plan throughout the seminar. Focus on practical strategies that will work for you.

Coping Strategies Practice Sessions

Review of common stress relievers to determine which ones you already employ.

Learn and practice 10 strategies to reduce stress immediately.

Understand and practice 12 long-term stress reduction strategies.

Learn to reduce or eliminate some causes of your stress, and practice specific skills in the coping strategies of problem-solving, communication, closeness (team connectedness), and flexibility.

Wrap-up

You've explored a wide variety of strategies to help reduce your stressors, relax, reawaken, and get more done. You've decided which ones will work best for you. Complete your action plan, detailing the strategies you plan to use.

Equally important, you'll also create a support strategy plan. This will help ensure that you follow through on your action plan.

Morgan Seminar Group

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Course Objectives

Participants will:

- Assess both major and minor stressors. This helps them put their issues in perspective.
- Learn specific, practical short-term strategies for dealing with pressures.
- Practice individual mid- and long-range strategies for coping and gaining control in their lives.
- Discuss and experience techniques to improve their skills in problem-solving, communication, closeness (team connectedness), and flexibility.
- Create an action plan tailored to their specific needs.
- Create a follow-up strategy to put the action plan into action.

Additional Follow-up Provided

Participants leave the workshop with **three valuable extras**:

1. A **relaxation cassette tape** to play when they want to relieve muscular tension or to fall asleep.
2. Robert's popular **weekly stress tips by e-mail** that help them sharpen their abilities to maintain a balanced and grounded lifestyle over time.
3. They'll get **personal follow-up coaching with Robert** by e-mail for the next two weeks.

Needed Materials

- *Relax, Reawaken, & Get More Done* workbook
- *Coping and Stress Profile*, \$16, plus postage

Additional Resources Available

- For long lasting change, we recommend monthly, 2-3 hour group follow-up sessions to assess individuals' action plans and coach them toward greater success.
- Individual coaching beyond the two weeks free coaching. This coaching is done by phone, e-mail and in-person meetings.
- *Measure and Manage Stress* book, \$15.95
- *Stress That Motivates* book, \$10.95
- *Balancing Home and Career* book, \$10.95
- *Managing Stress for Mental Fitness* book, \$10.95
- *Preventing Job Burnout* book, \$10.95
- *Self Renewal* book, \$15.95
- *Personal Wellness* book, \$10.95
- *Managing Anger* book, \$10.95
- *Managing Stress for Mental Fitness* self-study audio & book, \$24.95
- *Managing Stress for Mental Fitness* self-study video, audio & book, \$149

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