

Stress Survival Skills

Presented by Bob Czimbal

Go beyond just trying to manage stress to thriving on challenges. Boost your personal and professional effectiveness. Learn the skills that are essential to minimize pain and maximize pleasure. Stress Survival Skills are attitudes that help to prevent distress and enhance well being. Survivors have these qualities: Vision, Vitality, Courage, Resiliency, Sense of Humor, Reverence for Life, Spirit of Adventure and Cooperative Nature. The Survivor Creed: "I will do whatever it takes to ensure my health and happiness." Survivors enjoy riding in the front seat of the roller-coaster of life. A variety of practical, common sense tools will be introduced to help participants go from awareness to action. Guaranteed to be lighthearted and energizing.

Presentation Style: a blend of short lectures, skill building tools, group discussions, interactive exercises and action plans. Bob's presentations are guaranteed to be inspiring, entertaining and humorous. Attendees consistently report they have gained useful skills that will last a lifetime.

Participants will:

1. learn to go beyond just managing stress to thriving on challenges,
2. learn how to use the 8 Stress Survival Skills to minimize pain and maximize pleasure,
3. practice using humor to laugh at life,
4. discover how to enjoy riding in the front seat of the roller-coaster of life,
5. create stress management action plans.

Sample Topics

The Stress Response
The Stress Barometer
Fight, Flight or Flow
Emotional Self-defense
No Dumping
Wise Investments
Time Well Spent
Letting Off Steam
Enriching Self-Esteem,
Crisis or Opportunity
Sense Of Humor
Skills for Success

Handout:

Stress Survival Skills

Abundance Company

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