



WEBINAR

Stress Management - Tools for Your Personal and Professional Life that Work
Thursday, March 28, 2019
11:00 a.m. – 12:00 p.m.

[CLICK HERE TO REGISTER ONLINE](#)

We certainly live in interesting times. Whether it's from stress on or off the job, there is no shortage of situations, people, or conflicts that can attack your mind and body from the inside out. This 60-minute webinar session will provide you with strategies to help you cope with what's on your "Bug List." Using the BREADS stress management tool, Dr. Steve Albrecht will discuss getting better balance, boundaries, and control. He'll also conduct a brief focused relaxation exercise you can use later.

Learning Objectives

- Is All Stress Bad For You?
- Stress and Your Body
- The Business Impact of Stress
- Making Your Bug List
- The Personal Side of Stress
- The List of Seven Choices
- Mind & Body Reactions
- Cutting Out Toxic People
- The BREADS Stress "Cure": Breathing - Relaxation - Exercise - Attitude - Diet - Sleep
- A Focused Relaxation Technique

Who Should Attend?

All Directors, Managers, Supervisors, or personnel who may promote into these positions.

About the Speaker:

As a speaker, author, and trainer, Dr. Steve Albrecht is internationally known for his work in high-risk HR issues. He co-wrote the first book on workplace violence in 1994. His 15 years as a San Diego Police Officer led him to teach stress management.

He holds a doctorate in Business Administration, an M.A. in Security Management, a B.S. in Psychology, and a B.A. in English. He has written 21 books on business, security, HR, and criminal justice topics.

Webinar Link: A link will be provided after registration

Schedule: 11:00 a.m. to 12:00 p.m. - Webinar

Pre-registration is required. Last day to register is Tuesday, March 26, 2019.

Have questions, please contact Bob May at 760-221-8205,
or Jennifer Achterberg at 949-349-9882.