

# Managing Stress

Stress can effect peoples lives, their health and the way they deal with other people. The reality however, is that while there are certainly external pressures in each of our lives, it is how we choose to respond (consciously or unconsciously) to those pressures that creates that “stress”.

By understanding what influences can trigger our stress and recognizing the “stress signs”, we are better able to make choices that can manage stress and improve our lives.



This seminar will ---

- Look at the different pressures that can put us on the road to stress.
- Understand how we can be building a pyramid during the course of the day (week) that can transform into that active volcano.
- How stress effects us mentally, physically and our relationships with others.
- Using the S-C-R model, we look at how we can see the external pressures as they approach and better choose our response.
- Look at 12 action steps that can work towards managing and reducing those external pressures that can cause that stress.

This dynamic seminar looks at stress and what steps each individual can take to control and manage the stress in their lives, instead of stress controlling them.

Terry Bass, the facilitator for Managing Stress is a business coach and founder of CHADONS Resources Group. CHADONS mission is to work with professionals and help people succeed. He does that through coaching, speaking and facilitating thought-provoking seminars, workshops and development programs. Terry is author of the E-Book Networking 2.0, a how to guide for business networkers. More can be found about Terry and CHADONS by going to [www.chadons.com](http://www.chadons.com).