

2018 STRESS MANAGEMENT WEBINAR SERIES

A new quarterly training series designed to provide all employees with the knowledge and skills necessary to cope more effectively with stress so they can live healthier and more productive lives.

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How to Better Manage Stress at Work - The demands of the 21st century workplace create stress for most of us. This practical session will teach individuals to better manage stress by re-framing their perceptions of workplace challenges, developing healthier self-talk, avoiding over-reacting to situations, and reducing self-defeating behaviors.

Monday, January 22nd 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/286385783015660545>

Tuesday, January 23rd 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/8204045980444649473>

Managing the Stress of Time and Competing Priorities - Designed to help individuals recognize how personal organization and use of time contribute to stress levels. In addition, the presentation will offer a practical approach to prioritizing efforts and maintaining focus on the most important activities in our lives to reduce stress and increase our effectiveness.

Monday, April 16th 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/5287083413396860161>

Tuesday, April 17th 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/6491750134230237697>

Managing the Stress of Relationships - This session will discuss the stress caused by the relationship challenges in our lives, and suggest several strategies for improving the quality of our relationships to reduce both stress and conflict.

Monday, July 16th 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/4511505503349911809>

Tuesday, July 17th 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/7963733420543365889>

Stress & Its Impact on Your Health – A practical look at the effect stress has on individuals mentally and physically, along with helpful strategies for listening to internal alarm systems and proactively implementing stress management techniques that can improve health, productivity and life satisfaction.

Monday, October 15th 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/1445018151017599233>

Tuesday, October 16th 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/2374397946581333505>

About the Presenter:

Greg Brannan has over 15 years of experience in training and organizational development. He specializes in providing practical training for leaders, managers, and employees at all levels designed to strengthen workplace relationships, improve morale, and maximize employee productivity. Mr. Brannan has conducted trainings for such groups as the National Institutes of Health, the National Association of State Personnel Executives (NASPE), the State & Local Government Benefits Association (SALGBA), and various municipalities, school districts, and private companies.