

STRESS MANAGEMENT

PROGRAM OVERVIEW

Half or Full Day Format
Ideal Group Size 15-20 Participants

Stress Management is particularly important in business today because of the high demands on most people to manage change and produce more work in shorter timeframes. Since creativity and judgment are affected when individuals continually push themselves beyond their limits learning to manage stress is critical for productivity.

The workshop can be offered as a half or full day session and is designed to help participants understand the positive and negative aspects of stress while learning practical tools for reducing the impact of stress within the business setting.

AGENDA

WHAT IS STRESS MANAGEMENT?

- Stress Principles
- Fight or Flight Response
- Biodots and Biofeedback
- Preventing Burnout
- Symptoms of Stress Overload

SELF ASSESSMENT

- What Causes Stress?
- Life Change Test
- Internal Stressors
- Balanced Lifestyle Exercise

STRESS REDUCTION TECHNIQUES

- Relaxation Response
- Humor Perspective
- Exercise and the Mind
- The Mental Health Diet
- Massage Therapy

TAKE BACKS

- Stress Management Action Plan
- Personal Stress Profile

KGA, INC.

CORPORATE COUNSELING AND TRAINING

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INSTRUCTOR



Linda Piatelli is a Senior Training Consultant with KGA. She has been designing and facilitating custom training programs designed to help people manage their personal and professional growth since 1994. Her experience spans a variety of industries including high tech, biotech, hospitality and manufacturing.

Linda comes from a unique background with over 12 years of practical experience as a technical professional, project manager, and consultant. Her technical background and hands-on business experience enable Linda to design and facilitate practical training programs that effectively respond to the needs of professionals in the workplace.

Her KGA training specialties include: Time Management, Managing Multiple Priorities, Stress Management, Communication Skills, Team Building, EAP Manager Training and Performance Management. Linda received an MS degree from the University of Vermont and is a member of the American Society of Training and Development.



For more information please call KGA at 508.879.2093 or email piatelli@kgreer.com