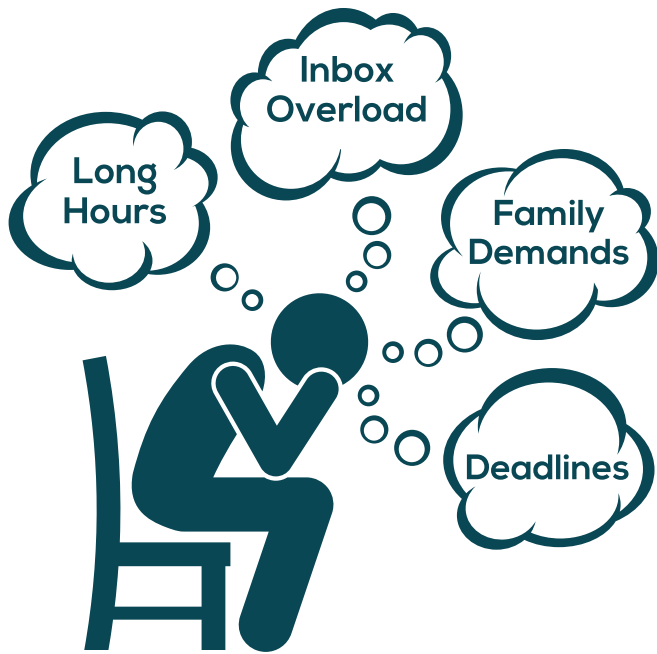


STRESS LESS

SKILLS TO TAME ANXIETY



SOMETIMES IT FEELS LIKE EVERYONE WANTS A PIECE OF YOU. BUT WHAT ABOUT *YOU* GETTING A PIECE OF YOU? HOW DO YOU DE-STRESS WHEN YOU'RE CONSTANTLY ON EDGE?

Check out these stressful facts. Can you relate?

- Nearly two-thirds of respondents say their stress levels are higher than they were 5 years ago.
- More than three-quarters say stress has a negative impact on personal relationships.
- 66% reported losing sleep as a result of stress.

(Source: Research by the Korn Ferry Institute)

In this virtual training, you'll get techniques that help you calm your stress in the moment.

60-MINUTE (LIVE) VIRTUAL TRAINING

WHAT'S IT ABOUT?

We're humans, and that means we're going to deal with stress. Whether it's being interrupted all day, having a bad working relationship, or never feeling caught up after a day of back-to-back meetings, stress can turn into anxiety that steals our mojo and zaps our performance.

In this session, we'll actually do some practical stress-reducing exercises that you can use when you need to tame anxiety during the work day.

72% OF PEOPLE WHO HAVE DAILY STRESS AND ANXIETY SAY IT INTERFERES WITH THEIR LIVES

Source: Anxiety Disorders Association of America (ADAA Research)

In this session, you'll get practical tips and exercises to de-stress during the session and back at work.

Some of the content addresses the mental game of stress. We'll give you tools to manage your thinking so that it doesn't manage you.

The rest of the session is filled with short, actionable tips to help you reset in the moment. It arms you with tiny habits and tools that you can integrate into your day to tame stress and feel grounded again.



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