



STEVE FRIEDLAND ASSOCIATES

MANAGEMENT CONSULTING • EXECUTIVE COACHING • TRAINING

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Wellness 24/7 Series

Carpe Diem! Renew, Revitalize, and Optimize Peak Performance

This workshop will provide participants with key insights, skills, practices, tools, techniques, and resources to more effectively reduce, respond and manage stress, prevent burnout, optimize time and resources resulting in improved performance outcomes, job satisfaction, and overall well being.

Key topics include:

- Recognizing primary stressors and how to make new choices of response
- Multi-tasking and time management—core myths and new realities
- Applying and aligning peak performance principles to optimize one's talent
- Beliefs and actions that can help reduce stress and prevent the risk of burnout
- Cognitive-behavioral stress management tools and techniques
- Setting boundaries, building resiliency and utilizing supportive resources

As a result of this workshop, participants will gain knowledge, tools, techniques, and actions that they can immediately put into practice resulting in reduced stress, enhanced resiliency, improved job performance and wellness.

CORE COMPETENCIES: Communication, Diversity, Emotional Intelligence, Stress Management, Wellness, Work-Life Balance, and Work Management.

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"I liked the "you can do it" attitude as well as your personal stories, humor and experience."

"This presentation provided me with the tools and motivation in how to perform great services in a highly stressful environment."

"Enjoyed your workshop. I like the use of "Life Age"—thank you!"