

Managing Workplace Stress Teleseminar

Nearly 50 percent of all U.S. workers feel overwhelmed by a growing number of job tasks and longer working hours. High levels of stress in the workplace often lead to job burnout, resulting in lower productivity. How can you effectively manage this stress and become more effective in today's demanding work environment? This program addresses this question and more. You will learn:

- The characteristics of job burnout and how to avoid it
- How your beliefs and attitudes affect your stress level
- Practical tips for handling stress
- The importance of self-renewal
- 7 ways to renew yourself during the work day
- Simple relaxation techniques you can even do in the office

You'll gain stress management tips and relaxation techniques that you can apply immediately to your job and your life.

Format: Live presentation via teleconference. Interactive session including Q&A and individual exercises. Participants will receive handouts to follow along.

Kathleen Barton, MBA, is a keynote speaker, workshop presenter, and life coach specializing in work-life issues, including life purpose, balance, stress, and time management. Key clients include Hewlett-Packard Company, M&M/Mars, Nationwide Insurance, Pepsi-Cola, PricewaterhouseCoopers, and Yahoo!, Inc., among others. Barton is the author of ***Connecting with Success, Finding Your Purpose and Passion in Life***, and ***The Balancing Act: Managing Work & Life*** audio/workbook. Her work has been featured in numerous publications, including Business Week, The Executive, and The Wall Street Journal Online.

"Excellent job! I would recommend to anyone in the workplace."

Sandra Silos, Administrative Specialist
Lawrence Livermore National Laboratory

Date: Thursday, October 20, 2011

Time: 12:00 – 1:00 p.m. Pacific Time

Location: Your office or home (via bridge line)

Fee: Free of charge!

To Register: Send e-mail to Kathleen@YourLifeBalanceCoach.com and provide your:

- Name
- Title & Company
- E-mail address
- Phone number

Deadline to Register: October 18th

Questions? Please send e-mail to Kathleen@YourLifeBalanceCoach.com or call 916-223-6466.

