



Stress Busting Strategies

Techniques to minimize stress and enhance productivity

In this one-day class participants learn how to identify different types of stress and their effects. They examine typical and personal sources of stress, the symptoms of stress, and coping mechanisms (both negative and positive). A person who is committed to reducing stress in his/her life can form new habits which will make a big difference in their emotional and physical well-being. Participants will learn the best habits to form and will leave the class with a personal stress-busting plan of action.

Learning Objectives

Upon completion of this course, participants will be able to:

- Understand the different types of stress and the symptoms of stress
- Be able to identify typical and individual sources of stress
- Have examined and experienced a variety of stress management techniques
- Have learned and applied a seven-step stress management model
- Have developed an individual "stress-busting action plan"

***BENEFITS* of "Stress Busting Strategies" include:**

- Reduce agent turnover
- Enhance productivity
- Improve customer satisfaction



Call Amtech Marketing to discuss how your company can benefit from the value of this dynamic training.

Call today 888-546-4844

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