

# Stress Management

Taking on life with enthusiasm and a smile!



## Program Overview

This workshop is designed to help ease tension in the workplace by giving participants an understanding of stress and its underlying causes. As a healthy working environment engenders increased team chemistry and productivity, participants receive exercises and tips on how to manage and relieve stress.

## Modules

1. What is Stress
2. Effects of Stress
3. Knowing your Limits
4. Managing Stress
5. Coping Techniques
6. How to Manage Feelings

**Target Audience** All - Please note that this program can be tailored to meet the specific needs of the audience or organization.

**Length of Presentation** 1 or 2 day workshops

## Goals and Expectations

To help participants: move past emotional and interpersonal problems; manage stressors using various conflict resolution strategies; uncover the source of personal stressors to better develop positive avoidance strategies, develop coping skills and make changes that support a healthy, productive lifestyle.

## Thumbnail Speaker Biography

- Professor of Group Dynamics and Marriage and Family Counseling
- CEO of non-profit and for-profit organizations
- Author of the recently published book, *The Navigator of Life*
- Orphan and former Foster Youth

## Handouts, Activities and Q&A Session

Provided by Speaker

**DR. NATHANIEL J. WILLIAMS**

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