

# Effective Stress Management Skills

Learn how to handle stress before it handles you!

#### STRESS IS COSTING AMERICAN COMPANIES OVER \$300 BILLION PER YEAR THROUGH DIMINISHED PRODUCTIVITY, ABSENTEEISM, AND MEDICAL COSTS.

Let Ken teach your staff skills to manage their stressors at work and at home; to become more relaxed, productive employees!



### PRACTICAL STRESS MANAGEMENT TECHNIQUES

The topics covered in this workshop include:

- Personal Stress Test
- Good and Bad Stress
- Quantum Focus
- 5 Stress Reducing Activities
- Eisenhower Principle for Productivity
- Price's Law
- The Energy of Stress
- Plus Much More.....

This 90-minute interactive workplace workshop will help to empower your staff with a sense of calmness, while they learn coping skills to handle stressors in the workplace and at home. Give your staff tools to help increase their personal performance with this program!

## KEN@THEKENOWENS.COM





Productivity Employee Retention Morale & Motivation Health Profit

#### THIS PROGRAM IS IDEAL FOR:

Non-Profit Board or Staff Retreats, Corporate Trainings, Teacher In-Service, Team Building Sessions, Employee Appreciation Events, or Motivating Stagnant Business and Employees!

#### OAKWOOD HEALTHCARE SYSTEM:

"I really appreciate your many contributions to our program."

#### STAYWELL CORPORATION:

"I can tell that you're really committed to what you do. If there's going to be any change in the world, there needs to be more people like you."

## THEKENOWENS.COM



**Ken Owens** is a Certified Stress Management Consultant by the International Association of Counselors and Therapists, and a human-potential consultant with 30+ years of corporate, nonprofit, government, and small business experience. He has spoken and conducted training programs in 47 of the 50 United States; along with Canada, Puerto Rico, The Bahamas, England, and Slovenia. This program was the #1 requested workshop when he was on the speaker's bureau at Wayne State University. You have seen him on **ABC's Good Morning America**, and he is available to work with your organization.

Ken is based in Detroit and Las Vegas; with worldwide travel available Programs Designed To Awaken YOUR Inner Potential