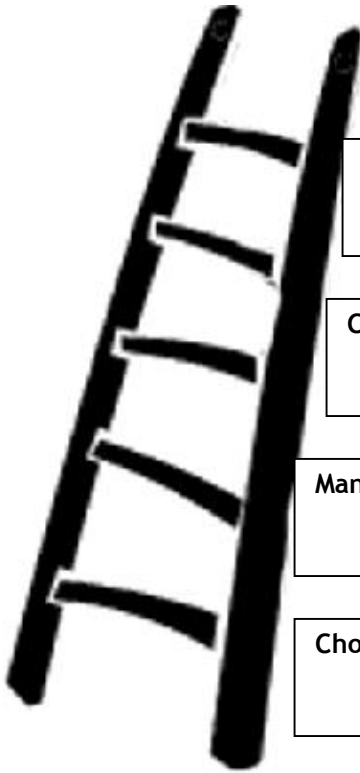




Reduce Stress - Focus Energy



Eliminate the Problem/Source of Stress

- Assertive Communication
- Problem Solving

Change Your Perception of the Problem

- Positive Thinking
- Self-Esteem Building

Manage Your Physical/Emotional Response

- Deep Breathing
- Meditation

Choose Counterproductive/Avoidance Activities

- Overuse of Alcohol, Caffeine, Food
- Social Withdrawal

The higher you stay on the ladder,
the better you will be able to deal with your stress.

Stress Management Coaching & Training:

Our Stress Management program is sure to help you increase creative thinking and self-esteem to help you achieve a manageable work-life balance. You will learn practical problem-solving and relaxation techniques to deal with stressful work and life events. Through coaching plus interactive “live” and online seminars, we can help you to:

- Adopt a problem-solving approach to dealing with stress
- Enhance your awareness of health-promoting techniques
- Increase the benefits from your social support network
- Reduce the negative effects of work and personal stressors

The Consultation Center of the Yale University School of Medicine has certified Colette Ellis of InStep Consulting LLC to provide **Coping with Work & Family Stress™** coaching and training.