

## Leading Yourself Seminars:

### **\*Are You Frazzled or Focused?: (Coping with Stress On and Off the Job)**

**(3 hours)**

Stress and feeling pressure from your job and the people you work with is normal and is to be expected. The effects of pressure can be costly, in terms of self-confidence, working relationships, misunderstandings, job satisfaction, lost time, and poor decisions.

Identify your major stressors and learn alternative methods of controlling and coping with everyday stress. Discover ways to live a happier, healthier, more relaxed, more effective, and productive life. Learn beau-coup constructive methods of intervention. The goal of this workshop is to learn to manage stress before it manages you!

### **\*Putting an End To Putting It Off: Getting A Handle on Procrastination**

**(2 or 3 hours)**

Is procrastination getting you down and causing you stress? Decide now to take charge of yourself by learning proven strategies to minimize or eliminate putting things off. Don't wait! Do it now!

Procrastination is a self-defeating and stress-producing crippler of getting things done. It can make the difference between success or failure for you regardless of what it is you are trying to accomplish, both professionally and personally! Put an end to putting it off can open the door to greater success, respect from others, and the good feeling of getting things done on time!

**"I was looking for something to motivate me because I'm such a bad procrastinator!  
And you did it!"**

**Valerie Lunnie  
Surgical Nurse, Wayne Memorial Hospital**

**"Do you realize what an impact you have on people? It's so obvious you love what you do. It makes me want to evaluate what I'm doing and pursue something I can be really passionate about"**

**Participant  
SBC Seminar, Wilson TCC**