



Exchange Apathy for Higher Engagement:

Decrease Downtime, Stress and Overwhelm

How does apathy, stress, and overwhelm cut into productivity and profits? Whether a chronic or sporadic condition, this energizing and thought provoking session examines common stressors and how they affect you and your business. **Exchange Apathy for Higher Engagement** gives you practical tools to decrease downtime from stress and overwhelm to create results driven by goals. Leaders and teams experience greater initiative with a focus on priorities for continuous progress and innovation. An engaging and enlightening program for professionals committed to taking responsibility for their outcomes. **WARNING:** Not suited for participants unwilling to take responsibility to reclaim control of their attitude and their performance.

Participants will learn:

- Common stressors and how they affect daily activities and targeted goals
- Stress transformers to create sustainability
- How to have the stress formula work for you
- A 4-step process of redirection to apply as needed
- Three keys to decrease stress, increase productivity, and improve morale

“Karen is a very enthusiastic and entertaining presenter who provided our employees with a wealth of knowledge. Our employees loved her.”

Tina Stewart, BSAHS Education Manager

Benefits:

Stress will decrease allowing more engagement and more innovation. Team cohesiveness will improve for you and your team saving you time and money.

Karen M. Gridley, The Excuse Removal Expert™

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