

CONVERTING EXCUSES INTO PRODUCTIVITY, PERFORMANCE, AND PROFITS!

# KAREN M. GRIDLEY

the excuse removal expert™

## Excuse Free Stress Management: Shatter Stress Before it Shatters You!

Feeling STRESSED? Stress is too often the scapegoat for an unhappy life and the inability to sustain motivation and effectiveness. The reality is that stress is a very individualized response and can be conquered.

In this engaging and thought provoking workshop, Karen Gridley examines major stressors and how they affect everyone. She reveals 5 simple Stress Transformers to incorporate into daily life. In addition, Karen awakens people to take a hard, honest look at themselves and their lives.



Whether your people are experiencing sudden or long term stressful feelings, participants leave enlightened and empowered with information and insights Karen delivers.

### Participants will learn how to:

- Save time by differentiating between Stress and Stressor
- Maximize performance using the Stress Formula
- Expose the mask of common sabotaging Stressors
- Reclaim control of their life with Stress Transformers
- Apply the 3R Formula to change negative self-talk
- Improve effectiveness using empowering words

Excuse Free Stress Management is presented in a humorous and eye-opening manner that provides people the exact what and how to reclaim their life and improve effectiveness personally and professionally.

**Benefits: Performance and productivity will be improved and an energized atmosphere will result. You will be able to transform stress to beneficial actions and dissolve the barriers to success.**

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