



# Stress Management

## Languages Offered:

- English  
 Spanish

## *Enough Already- I Can't Do One More THING!*

Stress management is controlling the emotional and physical way in which we respond to stress.

### **What trainees will learn:**

- Recognize the causes and effects of Stress
- Learn how to cope with workplace Stress
- Learn relaxation techniques
- Reduce their absenteeism and frequent sick leaves
- Increase their productivity

### **How this training will benefit your company and employees:**

Stress is almost inevitable. There is pressure not only from work tasks, but also from personal lives. This training will provide relaxation and stress management techniques for your employees. It is also important to understand what causes stress; this training will provide information to help employees recognize the causes and the effects of stress.

*This training can be conducted for 8 hours or more. Onsite training may be customized to meet your business needs.*

### **ABOUT CHARLES Z. RADNEY, ACG**



#### **Education and Special Industry-Related Trainings**

Certified Instructor NCCER  
National and Local ATD Member

#### **Industry Experience**

*My success as a Corporate Trainer has come in large measure from a relentless commitment to providing the finest training services in the country.*

#### **Communications and Leadership Experience**

Member of Toastmasters International 15 years

Advanced Communicator Gold, Advanced Leader Bronze

Past Chairman Toastmasters IE Speakers Bureau