



# **“Put your oxygen mask on first, then help the person sitting next to you!”**

## **Reducing Stress for You and Your Team Members**

**Stress is one of the greatest causes of lost productivity in the workplace. It can cause or at least contribute to a lower quality of output, tasks being completed at the last-minute or even late, an un-enjoyable atmosphere, and even health problems.**

**In this training session you’ll learn functional strategies you can implement for yourself and pass along to your team members that will all contribute to making stress work for you. They include:**

- Realizing not all stress is bad. Make it work for you.
- Making sure you’re mind and body are functioning with peak proficiency.
- Controlling your time instead of letting it control you.
- Increasing the effectiveness of communication to decrease the frustrations of unmet expectations.
- Dealing with people who cause you stress.
- The importance of ambient contributors to the atmosphere you’re creating.

**This presentation will truly equip you to more effectively engage your team members and increase your productivity and theirs.**

*The ideas and strategies Randy gave me have not only increased my own productivity, but they have also allowed me to help my team members to increase their productivity as well.*      Lane Salvato/Sales Manager

***Teaching the Essential Elements of Excellence for work and life!***