

Thriving Under Pressure

If you have a lot to do, and life feels like a *Pressure Cooker*, you know, a short time to get a lot done! Then this course will give you tools and skill to reduce the danger of *blowing your top*!

When Pressure Cookers were first used, there was always much concern in the family about the top blowing off if the pressure got too high. Ever feel like life looks this way? Well, today, owning a Pressure Cooker is much safer, because one can now regulate the pressure with a digital setting – what a great idea.

Well, you can do the same with the *pressure* in your life by learning and developing new ‘settings’ that you put into play with the game of life deals you a big hand!



Time Commitment

- 2 Training Hours

Participant Number

- Ideal 25-35 Participants



Call 402.812.8400

Visit www.yourleapteam.com

Thriving Under Pressure

If you've never considered the advantage of THRIVING under pressure, then this research-based workshop will inform and equip you to do so. Pressure and Stress are all part of our normal daily living. It's what we do with it that makes the difference between a being a stressed-out mess or an extraordinary, proactive member of your Team, family or community.



Training Objectives

- Discover the normal and harmful response to stress and why it occurs.
- Get a clear understanding of the nature of stress and the chemistry that not only feeds the stress hormones, but also maintains the unbalanced chemistry and effects your brain and body for up to 26 hours! The physical and emotional stress these chemicals maintain can stymie you and your co-workers, family members, etc.
- Become familiar with tools and techniques that will automatically refocus you and everyone effected by the stress. Learn how to use your new 'settings' to change your response and regulate great chemistry that brings connectivity, collaboration, understanding and problem-solving to the forefront.
- Practice specific stressful scenarios in order to recognize the onset of stress. Next, using the tools provided, shift away from the survival instincts that come up. Then we will work with the proactive, collaborative and problem-solving steps that bring about extraordinary results. You may even *dance right out the door* after spending these two hours with your LEAP Team coaches.

LEAP TO YOUR NEXT LEVEL

Learn – Empower – Achieve – Prosper

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Sessions can be catered to meet your organization's needs.