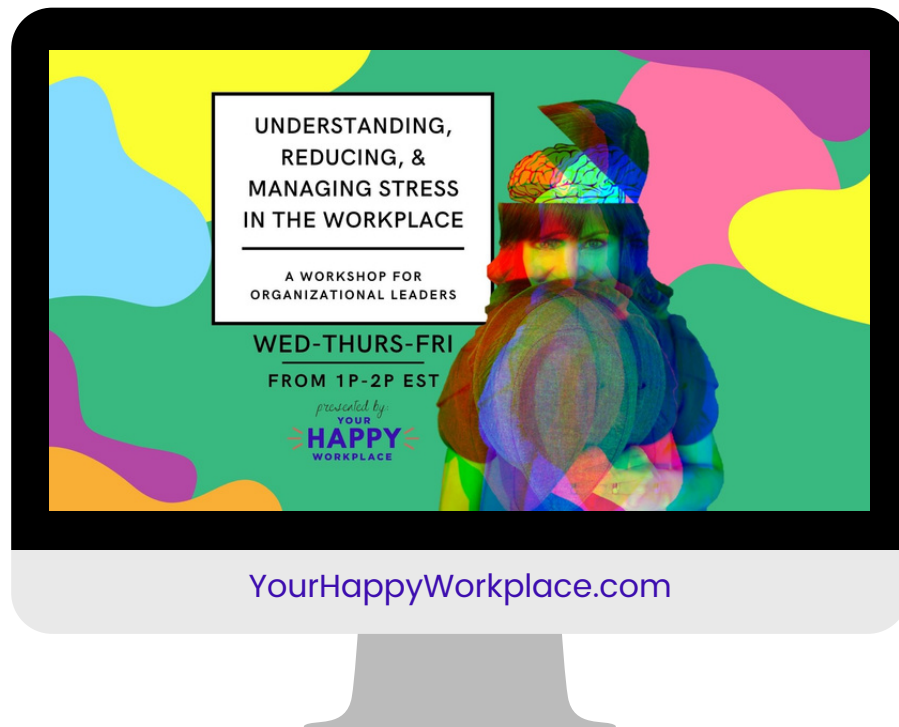


Understanding, Reducing, & Managing Stress in the Workplace

A VIRTUAL WORKSHOP



Stress wasn't invented in 2020...

And it definitely didn't end on January 1, 2021.

As a business leader, you know you need to do something differently, but what? It's time to adapt and evolve our workplaces into environments that foster peace AND productivity. If you're exhausted from the past year and ready to provide solutions to your team (and yourself), this is the workshop for you! In just three hours you'll understand where stress pops up, how to foster calm amongst your team, and learn practical solutions to implement both in the moment and long term.

Who is this workshop for?

- Start ups and those new to leadership roles
- Team leads and management
- Department heads
- HR professionals
- Non-profit organizations
- Small business owners (even you, solopreneurs!)

Anyone who makes decisions about how people work within your organization, whether you are working remotely or not. After this workshop, you'll be on your way to creating team environments that are more inspiring than tacos on Tuesdays and PJs on Fridays.

Why should you attend?

- You care about your team and want better stress-busting tools
- You want the team to feel energized to come to work instead of exhausted and uninspired
- You want an excuse to dance, laugh, and play trivia during the workday (all part of this workshop!)
- Also included: 25+ page printable PDF workbook and resource list
- This workshop is taught LIVE so you can ask questions in real time, interact with other attendees, and participate in group activities.

“Are you gonna tell us to meditate, exercise, and eat healthier? Because we’ve heard that before.”

Although those things are important and effective (and we touch on those a bit), this workshop goes far beyond that.



What we'll learn:

MODULE ONE- UNDERSTANDING

Part One: The Science of Stress
Part Two: Common Causes and Types
Part Three: How it Affects Your Business

MODULE TWO- REDUCING

Part One: RIP Hustle Culture & Multitasking
Part Two: Engagement & Flow
Part Three: Communication

MODULE THREE- MANAGING

Part One: Self-Care for Leadership
Part Two: Team Well-being
Part Three: Being a Resource

Ways to experience this workshop:

AS AN INDIVIDUAL: This is a LIVE workshop taught over 3 days (one hour-ish each day) where you will learn and share with other leaders from different organizations. Class size capped at 15 people (it's a business expense!)

AS AN ORGANIZATION: Gather your management team and department heads for this virtual learning workshop. Taught as an online webinar given to the leaders of your business or organization on a date of your choosing. Book all three hours at once, or three consecutive days of one hour each (this method recommended). Class size capped at 55 people.

Email [wendy@yourhappyworkplace](mailto:wendy@yourhappyworkplace.com) for current workshop pricing

**Want more info or
ready to book?**

Email:

wendy@yourhappyworkplace.com

