

KELLI VRLA, CSP

StressBusting



Stress Busting with Humor: Work-Life Balance

Welcome to the Land of Ahhhhs! Cool Amidst the Chaos!

Spinning plates? *Dropping* a few? About to pull your hair out? On your own last nerve? ***Stress diminishes effectiveness.*** Most of us have reached a breaking point and have had enough. Kelli's ***"Stress Busting with Humor"*** can help find balance, and increase focus on moving over, under, around and through your daily challenges.

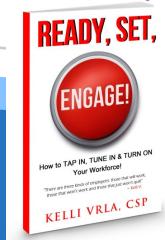


This festive delivery of do-it-now skills will help you and your team ***"have more fun and get more done."***



Learning Outcomes

- Work ***more efficiently*** with your team as a result of ***optimized productivity*** from overcoming everyday work and life challenges.
- Learn how to quickly ***use easy coping techniques*** to ***handle pressing challenges***.
- Assess current ***work/life balance***.
- Learn ***52 Proven Stress Reducers*** & Leave with a ***Personalized Action Plan!***
- ***Identify Personal Triggers*** and head them off before they strike!
- Learn ***146 (Positive!) Things to Say*** when things don't go your way!



KelliIV.com

Save the Date! 888.434.HaHa (4242)

Kelli@kelliv.com