



*Horizons In Learning, Inc*

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## *Transform Stress & Work With Ease*

**Presenter: Constant Hine, M.A.**

With an increase of information, demands and expectations coming at us daily, implementing practical self management strategies to transform stress is paramount for our professional success and personal well being. We will explore common causes of stress that make us less effective, less compassionate and impatient in the workplace and with our families. Participants will learn practical prevention and intervention strategies to transform stress to increase professional success and personal well being

In this session participants will:

- learn 7 principles for dealing with stress, overwhelm and anxiety.
- learn to identify the difference between internal and external demands.
- learn ways to be proactive rather than reactive to meet demands.
- to focus on areas where they have choice and control to transform their ability to deal with stress and regain control within themselves.
- Learn practical strategies to address  
overwhelm,  
redirecting attention, focus & priorities;  
being effective and simplifying  
being calm & caring