



STRESS-PROOF LEADERSHIP:

High Performance Under Pressure

Ever wonder why some people falter under stress while others shrug it off?

Becoming immune to unavoidable stress is a competitive edge that allows Stress-Proof leaders to propel themselves and their teams to perform under pressure rather than being bogged down by it. Caring for children or elders, arguing with a colleague, or having a leaky roof can be stressful but chronic high stress—the kind that kills—is caused by overwhelm and uncertainty.

Wellness expert Eliz Greene delivers surprising insights and innovative, actionable strategies based on her research on job stress in this interactive, fun, and compelling keynote. This presentation is customized through the Stress Proof Testing Tool which diagnoses the unique set of issues causing stress in the participants' workplaces and benchmarks the results with other organizations in the study.

Through stories from a wide variety of leaders and employees interviewed during her study and her own experience surviving a heart attack while seven-months pregnant with twins, Eliz debunks work-life balance and provides a plan to protect your health, productivity, and sanity under stress. She uses humor and engaging activities to show it's time to:

- **Explore** the major causes of stress based on the results of the Stress-Proof Testing Instrument.
- **Examine** emotional stress triggers to reveal why some people are bogged down by stressful environments while others thrive.
- **Rewire** assumptions about generations and gender to improve teamwork, communication, management, and performance through an engaging exercise.
- **Understand** different types of stress recovery strategies and identify their own recovery profile using an entertaining activity.
- **Utilize** a framework to create a plan to work well under pressure.
- **Take one step** toward being stress-proof by understanding the importance of motivation in behavior change.

45 - 70 minute Keynote or 1/2 Day Workshop (can be combined with other programs or a full day seminar)

Perfect for:

Sales Meetings
Leadership Training Events
Association Conferences
Closing Keynote
Patient Conferences
Nursing Conferences
Human Resources Events

Interactive participation may include:

- Human pie charts
- Post-it exercise
- Stress reduction style quiz
- Dancing if appropriate