



# **DONNING AN EMOTIONAL HAZMAT SUIT:**

## **Down-to-earth stress management for chronic high-stress, change, and crisis**

**How do you maintain your sanity, relationships, and health when there is never enough time to get things done?**

Hectic pace, chronic high-stress, uncertainty, and unavoidable negative influences can threaten productivity, creativity, and suck the fun out of even the most enjoyable professions. Protective gear is important in many work environments, **wouldn't it be nice to have protective gear for stress?**

Professional speaker, Eliz Greene shares insights from her job stress research and strategies to limit the impact of stress by developing what she calls an “emotional hazmat suit.” Using her unique testing tool, Eliz can provide detailed insight into your organization’s stress environment and pinpoint opportunities for impact. Eliz survived a heart attack at age 35 while seven months pregnant with twins and knows limiting stress is essential to a long, enjoyable and productive life. This engaging and humorous program details how to develop a system to protect your health, sanity, and relationships by:

- **Deconstructing** the impact of stress physically and mentally
- **Developing** protective methods to cope with high stress
- **Understanding** how to address what “keeps you up at night.”
- **Practicing** simple strategies to reset and restore

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