



Converting life stress into energy for success!

Our mission is to increase joy by reducing stress through simple, portable, practical solutions that work anywhere, anytime and in real life.

All Simple Stress Solutions™ presentations, seminars, workshops, training and coaching programs are designed to help individuals and groups increase awareness about stress, as well as their own stress related issues. And then learn how to relieve stress through the practical application of simple actions one can practice every day, in a wide variety of work and life situations.

Topics

Stress Break!

Synopsis: designed for the team, group, company or organization that can use a stress break! Get an introduction to valuable stress relief and stress management tools – in a fun and experiential workshop. Lower your stress levels and have a good time!

Length: 45 mins to 1 hour

Stress: It Doesn't Need to be a Way of Life!

Synopsis: Although stress is on the rise in our work and personal lives, you can make simple choices to reduce stress -- and live more of the life you really want. This presentation includes an introduction to stress (what is it; what's the difference between "good stress" and "bad stress") and is designed to provide simple, portable, practical tools that are immediately applicable for participants. Includes some information on ground breaking research in the area of neuroscience and how it impacts stress, as well as stress management.

Length: Available in 1 hour; 4 hours; full day

"Laugh it DOWN": Humor and Stress Relief

Synopsis: Learn the amazing power of laughter as a tool to reduce stress every day. Includes valuable information on the physical, mental, psychological and social benefits of laughter, smiling and humor. Participants also have the opportunity to explore how to create more laughter in their work and lives. Experiential and participatory.

Length: Available in 1 hour; 2 hours; 4 hours; full day; 2 days

Empowered to Act Now: End the Stress of Procrastination

Synopsis: Procrastination can be a habit that causes stress. It also reduces productivity in the workplace and stops us from creating what we really want in life. This session provides participants an opportunity to explore procrastination; as well a simple step by step process for ending it, by taking action in ways that make sense.

Length: 90 mins; 2 hours; 4 hours; full day

ExerSense™: physical stress relief anywhere, anytime

Synopsis: The common sense stress relief exercise program. ExerSense™ involves simple, portable, practical activities that help reduce the physical symptoms of stress anywhere, anytime: at your desk; on the job; in your car; in the board room; or at the dining room table. . . wherever you are, on the go, in your real life!

Length: 30 mins; 1 hour; 2 hours; 4 hours

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It's About Time for Women

Synopsis: The seminar for busy women who want time to work FOR them. Women have unique time related stress issues. This seminar will provides excellent, simple, practical, portable tools that work in the real world for women to create less stress by helping them to: create more time for themselves and the things they REALLY want; get more done in less time; work smarter, not harder; begin to rapidly achieve goals with less effort; reduce stress around time and the "to do" list; have more fun!!

Length: introductory format: 1 hour; 4 hours; 1 day

Taking Care of Business: Workplace Stress Relief

Synopsis: Those in business know the cost of stress is high. Anyone who works today knows the effects of stress are damaging. Stress impacts job performance / productivity, team relationships, health. . .and the bottom line. This training is designed for the workplace and can benefit anyone in today's business environment.

Length: introduction: 1 hour; 1 day; 2 days

Stress Relief and Stress Management for Professionals in Helping and Care Fields

Synopsis: Stress is a major issue for those in the helping professions. Those in care careers know the devastating effects of stress; both for themselves and their clients. This seminar is designed to help participants learn effective stress relief approaches to apply to their own lives and work. Attendees will also learn techniques they can teach to their clients.

Continuing education approval for full day program: ND Board of Nursing; ND Board of Massage; NBCC CEUs also available, with 3 month advance notice

Length: introduction: 1 hour; 1 day; 2 days

Coping and Stress

Research shows that increasing your ability to cope with stress, helps you to reduce it. This workshop features the Coping and Stress Profile, a validated assessment and workbook developed by Inscape Publishing. Learn more about what causes stress at work, and how to manage it more effectively.

Length: 4 hours — also about 15 minutes to complete the on line Coping and Stress assessment prior to the workshop

It's About Time: Stress and the Clock

When asked what most causes them stress, people in the workplace will often reply: "I just don't have enough time in the day". Time — or lack thereof — causes stress. This workshop features the Time Mastery Profile, a personalize assessment and workbook developed by Inscape Publishing. Learn more about time, and how you can get it to work FOR you — and reduce your time related stress.

Length: 4 hours — also about 15 minutes to complete the on line Time Mastery assessment prior to the workshop

For additional topics, visit our division website Press Kits:

www.AKACoachAndCompany.com

www.CreativityMatrix.com

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