

Available as a two-part breakout or a half-day workshop:

## **Eye of the Storm: building resilience**

When chaos swirls around you like a hurricane, do you get swept up in those winds or manage to stay more grounded than most? In this hands-on program, Dr. Jo helps clients find their individual path to personal and professional resilience

## **Into the Storm: transformational solutions to stress**

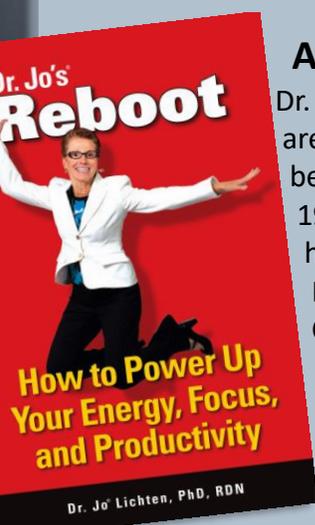
While stress is often perceived as a two-step process (it happens and we respond), there are actually five specific steps that flow from one to another. In part two, participants learn how to interrupt/change each of these steps in order to transform negative stress into positive outcomes.

### **Afterward, attendees will be able to:**

- Define stress in terms of positive and negative implications
- Practice three coping strategies for managing their stressors
- Describe the five steps in the stress cycle and one way to interrupt/change each of these steps

### **Dr. Jo's programs are perfect for:**

- Executives, managers, directors, customer service professionals
- Medical and health CEU



### **About Dr. Jo<sup>®</sup>**

Dr. Jo<sup>®</sup> Lichten PhD, RDN, CSP is a recognized expert in the areas of workplace productivity and performance. She began leading stress management programs in the early 1990's. She has presented more than 1000 programs and has earned the prestigious Certified Speaking Professional designation. For seven years, Jo coached C-suite executives and other professionals on how to power up performance while avoiding burnout at the Johnson & Johnson Human Performance Institute. Jo is the author of six books including *Reboot*.



Dr. Jo<sup>®</sup>, Wellness Expert, Author, Speaker

### **Problem:**

Stress is inevitable – and has both positive and negative implications including burnout. The goal is to help attendees build resilience and find creative solutions to their particular stressor.

### **Customized Solutions Include:**

keynotes, breakouts, full-day training, coaching, & webinars

### **Testimonials**

*"That was one of the best presentations I've EVER seen...at ANY conference."*  
~ Jack Graham, Great Valley Publishing

*"Jo was a fabulous addition to the event. I absolutely recommend her!"*  
~ Lori Harbin, Corporate Events Unlimited