MANAGING STRESS AND ANXIETY

Have you ever said or done something that you later regretted? Find out what causes us to say or do things we wish we hadn’t.

Positive and negative stress is a constant influence on all of our lives. The trick is to maximize the positive stress and to minimize the negative stress. Participants will be shown how stress can be positive and negative, and we’ll look at the Triple A approach that will form the basis of this session.

Jim will give participants a three-option method for addressing any stressful situation, as well as a toolbox of personal skills, including using routines, relaxation techniques, and a stress log system. Participants will also understand what lifestyle elements they can change to reduce stress.

JIM SYMCOX
President, Hard Facts – Soft Skills
Former Texas state trooper, entrepreneur, professional bass fisherman and guide, and corporate executive, Jim brings a uniquely powerful perspective to improving productivity and efficiency in organizations. Jim is a licensed and certified trainer for several world-class organizational training programs, including FranklinCovey’s Leading at the Speed of Trust, The Marcus Buckingham Company’s Strong Manager, Patrick Lencioni’s The Five Dysfunctions of a Team, and several other training programs.

Hard Facts - Soft Skills is a licensed, certified, strengths-based, leadership development company that provides coaching, training, consulting, & workshop seminars to engage leaders, managers and staff members to positively impact company performance, profitability and organizational efficiency – by developing the hard facts about soft skills.

Headquartered in San Antonio, Texas, Hard Facts - Soft Skills delivers dynamic programs for building trust, identifying strengths, leading effectively and interacting productively for management and their teams. The company uses a portfolio of world-class training programs to achieve bottom line results for individuals and organizations.