



NETWORK NORTHEASTERN

Professional Development Courses

(non-credit)

Broadcast live via Network Northeastern and the NTU Satellite Network.

Simplifying and De-stressing Your Life

Monday, June 2, 1997

12:00 - 1:30 p.m., Live, Channel 3



SPEAKER

Jeff Davidson, MBA, CMC, is regarded as a dynamic and entertaining presenter who provides high content programs. He leaves his audiences supercharged and ready to take action. Jeff is the author of 24 books, cumulatively selected by 20 major book clubs, and published in 14 languages. Jeff is executive director of the Breathing Space Institute (<http://www.BreathingSpace.com>) based

in Chapel Hill, North Carolina. His recent book, *The Complete Idiot's Guide to Managing Stress* (Alpha/Macmillan) gets to the root of what causes stresses for people in today's society, and how they can regain control of their careers and lives. His earlier book, *Breathing Space: Living & Working at a Comfortable Pace in a Sped-Up Society*, helps professionals to stay productive and competitive; maintain balance; and feel good about how they spend each day. He is also the author of *Selling to the Giants: How to Be a Key Supplier to Large Corporations*, *The Complete Idiot's Guide to Managing Your Time*, and *Blow Your Own Horn: How to Get Noticed—and Get Ahead*.

COURSE DESCRIPTION

The reality of the late 1990s for too many professionals, especially executives and managers, is an unending bout with stress. This course covers how to make the best of too many work hours, too many demands, and, in general, too much to do. It exposes the common stresses that plague most people today, introduces new ways to confront stresses, and enables you to gain greater confidence in your ability to deal with all that's on your plate. No one is immune from experiencing considerable stress in one form or another. This course gives you the tools to stay balanced.

BENEFITS

After completing this course you will be able to:

- Understand the how and why of what stresses people
- Practice new techniques to handle the stress you experience
- Experiment with some of the traditional techniques people use to reduce stress

- Reduce some of the complexity you face and hence simplify stressful aspects of your life
- Approach each day with more vigor

PREREQUISITES

As much rest as you can get before viewing. A place where you can watch and participate freely.

INTENDED AUDIENCE

In general, this course is intended for anyone who has responsibility for maintaining a job, paying bills, raising children, or meeting other challenges. In particular, this course is intended for executives and managers at all levels, as well as entrepreneurs, professional service providers, customer service professionals. This course is not intended for individuals facing extraordinarily stressful conditions or suffering from acute or traumatic incidents.

COST

\$125 per person (1-7), \$1,000 per site (groups of 8 or more).

COURSE CONTENT

12:00-12:30 p.m. Stress: The Ailment of the 90s

- What is stress?
- How the pace of change impacts your experience of stress
- Environmental stress versus workplace stress versus domestic stress
- What specifically stresses out people today?

12:30-1:00 p.m. Old and New Ideas About Handling Stress

- Towards a new view of handling stress
- The power and necessity of keeping it simple
- Age-old techniques for reducing stress
- Novel techniques for reducing stress

1:00-1:30 p.m. A New You

- Lifestyle changes that lead to control
- New goals that support behaviors
- Conscious choices
- The hard and fast rules of life