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Outline

All Stressed Up – Know Where To Go© (An Interactive Seminar)

Time: 1 ½ hours

Overview: Stress dampens creativity, limits your problem-solving and decision-making skills, impacts your relationships and sets the scene for ill-health. Many programs treat the symptoms of stress – learn about the cause of your stress and what to do about it.

When you balance your nervous system you feel better emotionally, mentally & physically. This results in improved performance, whether you are in the classroom, the interview, or at work or play.

Topics Covered:

- Introduction
- Surprising Signs of Stress
- Heart Rhythms – how it affects your performance: professional, personal, artistic & athletic
- In or Out of Synchrony?
- Demonstration of educational technology
- Research Findings
- Establishing rapport
- Questions

Experiential Activities:

- Saying “Ahhh!”
- About Face - noticing
- Rapport building
- “But”out! - language & how it impacts us

Take Aways:

- Every breath you take – quick tip to remember to breathe using your diaphragm
- Awareness of the effects of negative emotions and feelings upon our lives
- Rapport building techniques – improve your communication skills
- But vs. And

Presentation Abstract:

Could stress be impacting your ability to effectively address your needs and those of your students? When the cause of stress is addressed, as opposed to the symptoms, improvements are made in communication, problem-solving, decision-making, creativity and health.

Ever have a near-miss while driving? Your colour changes, pulse rate and breathing increases - this is a very real and immediate response to stress. However, we are often unaware that our body is constantly responding and making subtle adjustments to what we see, hear, smell, and think. The physiological and chemical changes that take place create side-effects which are either positive or negative – life-enhancing or life-depreciating.

Learning how to transform your stress requires knowledge, awareness and application. In order to make changes, we need to become aware of how are thoughts and feelings are impacting our emotional, mental and physical health and have the knowledge of how to change and the practise at implementing those changes.

Attendees will be taken through several exercises that will either confirm what they already know or will cause them to reconsider how they are doing things and whether there is a way in which to make heart-driven improvements.

Speaking Engagements

- 2009.10.23 – Boys and Girls Clubs of Thunder Bay, Ont. - **All Stressed Up, KNOW Where to Go – It's a Matter of Heart** – Stress & how it impacts the choices children make
- 2009.06.16 – [Happen](#), Vancouver - **All Stressed Up, KNOW Where to Go – It's a Matter of Heart** – Reference: [Dawna Jones](#)
- 2009.05.26 - Certified Management Accountants of B.C. Spring Conference - Burnaby, B.C. - **[Stressing Leadership](#)** - 1 1/2 hr. presentation X 4.
- 2009.03.04 - Career Management Association of B.C. Conference - Vancouver, B.C. - **[Stress: Getting to the Heart of the Matter](#)** – **How stress touches many aspects of your Core Competencies**
- 2009.01.15 – Vancouver Community College – English for Academic Purposes – 0767 - **All Stressed Up, KNOW Where to Go – It's a Matter of Heart** (How stress impacts learning.) – 1 hr. presentation. Reference: Carol Tulpar, Instructor – College Preparatory English – home: 604-591-1509 cell: 604-312-3766 ctulpar@shaw.ca
- 2008.11.08/15/22 – Gardenia Centre for the Arts - Langley, B.C. – **CreARTfully Yours** – Workshop to instill confidence in gr. 4, 5 & 6 students. Reference: Rita Saddler – www.gardeniacentreforthearts.com gardeniacottage@shaw.ca – 604.533.4177
- 2008.05.20 – Educational Session For the Family Caregiver - Johnston Heights Church, Surrey, B.C. – **All Stressed Up, Know Where to Go – Getting to the Heart of the Matter** Reference: Linnea Robinson – 604-590-5060 – craigandlinnea@gmail.com
- 2008.04.04 - Finally Fluent - White Rock, B.C. - **Learning and Stress**
- 2007.11.24 - Vancouver Community College – Outreach Programme – Lower/Upper Advanced Listening & Speaking class. **All Stressed Up, KNOW Where to Go – It's a Matter of Heart** (How stress impacts our lives.) – 1 hr. presentation (Reference – Vesna Radivojevic – 604-519-0290 aradivojevic@yahoo.com)

* I will be speaking, once again, at the [Career Management Association of B.C.](#) Conference on March 8, 2010.