

ISM May Meeting
May 13th, 2010
11:30 am – 1:00 pm

Stress Management

- What stressors are in your life now - what keeps you up at night.
- What are some common stress management techniques you have heard of or used

Discussion:

The epidemic of stress, what it is, the dangers, and why it is still epidemic after years of being discussed and in the limelight so to speak...

What we can really do about our stressors - taking personal responsibility for those stressors that are in our control - (as many are such as relationships, life balance, money, etc) - identifying the source and developing an effective strategy to reduce the stress

A few techniques for those things that are stressful, but out of our control - the primary use of common stress management techniques - thought changing, relaxation, etc...

And for fun - finish up with a laughter exercise - laughter is definitely the best medicine.

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"Achieve Maximum Success, Both Personally and Professionally"



Pat Swan is a Leadership and Executive Coach, Speaker and Trainer. Pat helps people tackle change, turn dreams into reality, and experience ultimate success in both their personal and professional lives. Pat's energy and enthusiasm come through in both her coaching and training programs. Whether CEO, management, or sales, the process Pat uses can help individuals bridge the gap from where they are, to where they want to go. It can take you and your organization to the next level.

Pat spent over fifteen years helping individuals and couples resolve problems in their lives. She then transitioned into coaching and training, helping clients reach goals and achieve peak performance. Her experience with human systems, including expertise in personal development, team building, communication, and interpersonal success skills, effectively helps identify and reduce people problems within the organization. This results in higher personal productivity, better collaboration among team members, improved customer relations and greater success overall.

Pat received professional coach training through the Institute for Life Coach Training, and is a certified Peoplemap™ Trainer. Pat has a clinical background in Marriage and Family Therapy, and has had professional training in health and wellness from the Center for Mind Body Medicine in Washington, D.C. Pat's expertise in health and wellness enables her to improve workplace wellness programs, reduce employee stress, and in turn, lower medical costs. Pat has owned her own business for over twenty years. She also founded a non-profit corporation that is still active in Walworth County. Pat is a member of the American Society for Training and Development, International Coach Federation, National Association of Women Business Owners, National Speakers Association, and is a Clinical Member of The American Association for Marriage and Family Therapy.