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“Professionally Speaking”

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A Different Kind of Speaker
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Program Title		“Stress: Surviving the Roller Coaster of Life”	
Hours	3 - 5	Presentation Format:	Microsoft PowerPoint & Video
Course Description		Through the use of the “roller coaster” model, you can discover how to survive those “oh crap” moments. We all have pressures: they come with today’s roads, stores, jobs, and customers. BUT: if we use these 3 simple techniques and 2 proven psychological truths, “those” moments and “those” people won’t have the power to defeat us.	
Highlights		This course proves that stress is a choice that we can learn <u>not</u> to make. The model is a roller coaster that simulates the ascent, the peak and the ride down. We will identify the chosen behaviors to begin the ride, and the necessary behaviors to break the ride.	
Special Points		Participants will: <ul style="list-style-type: none"> • Identify the actual stress/”oh crap”, chemical/body process • Define the Emotional Intelligence link to stress • Assess how to recognize and defeat anger and fear • Identify their hot buttons and turn them “off” • Choose their response to stressors rather than continue to be caught up in habitual response behaviors • Recognize the 2 reasons stress is a problem learned in childhood and how to correct that “learning” • Identify rational choices when stress hits (“crap alerts”) to limit harmful “after effects” • Recognize the beginning signs of unhealthy reactions to stress and move toward wellness • Discover techniques that can be used at a moment’s notice to combat stressors at work and at home • Recognize the 5 elements of Emotional Intelligence and learn how to enhance each one • Examine the “roller coaster” model of stress reduction and identify how it will work for them in all situations • Develop the “athletic” link to stress removal 	