



## Is Your Group Stressed?

Tired of working with a stressed team? Is your group suffering from burn-out, apathy, absenteeism and health trouble? You are not alone. Stress can have a huge impact on your team, resulting in poor decision making, lack luster performance, stress leave and staff turnover.

In this inspirational session, Darren shares his own journey with stress and the tools that brought him back to feeling his best. Your group will hear many fun and heartfelt stories that will inspire them to take action and begin...



## Staying Up in an Upside-down World (Tools to beat stress and feel your best.)

These days, the frantic pace of our personal and professional lives has got stress levels soaring. This intense stress actually starts to deplete us. It affects our ability to deal with and rebound from stress, getting many of us caught in a stress spiral.

Your group will learn tools and techniques to help them get a handle on stress and feel happier and more productive at home and on the job.

*"Funny, inspiring and real...Awesome!"* – **Manitoba Human Resource Managers' Association Conference**

*"Best session I have ever seen on managing stress."* – **Saskatoon Health Region**

### Your group will learn...

- To identify when their stress switch gets flipped and how manage it.
- How to become more stress resistant and less susceptible to big stress related issues.
- Tools to reduce or even avoid getting stressed in any situation.
- How to take control of their stress and mood by learning to respond rather than react.
- To manage stress and avoid getting caught in a "stress spiral" of fatigue, anxiety and even depression.
- How to boost their body's "good mood fluid" to think and feel their best.

*"I sat there thinking, 'Wow, it's like you have lived my life.' I could relate to everything you said. Thank you for this information."* – **Canadian Red Cross**

### Benefits:

- Team members are easier to work with, make better decisions and are more productive
- Employees feel happier and less stressed at work and at home; having a positive impact on their most important relationships
- Companies experience less casual sick leave, stress leave and turnover
- All this improves your employees' quality of life and your work environment, positively impacting your bottom line. (one employee on stress leave costs a company more than \$17,000/year)

*"I had no idea how this effects people. Everyone needs this information."* – **Canadian Cancer Society**

*"Very funny and the personal stories you shared made the presentation."* – **SaskPower**

### Experience:

Darren has a Business Admin. degree and an MBA. Over the past 21 years, he has worked with several different companies designing and conducting training sessions. Over the past eight years, Darren and his wife, Darci, have operated their own corporate speaking and training company, XL Enterprises. Throughout his career Darren has helped thousands take control of their stress and become calmer and more productive. 97% to 100% of past clients said they would like to hear Darren speak again.

### Session options:

One hour keynotes and two to four hour workshops are available.

Book Darren: (306) 535-3233

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