



# Darren Lang, MBA

## Professional Speaker & Trainer

## *Staying Up in an Upside-down World* (Two under the radar techniques to beat stress and feel your best)

Darren delivers a highly unique session that attacks stress where it starts. You'll discover two under the radar techniques to not only beat stress, but actually make you more stress resistant.

In this session, you'll learn how stress starts with how you think about an issue. If you think negatively, you feel stressed.

What we often don't realize is that every time our negative or frantic thinking triggers stress, our body tries to help us feel good by releasing its natural "feel good fluid", serotonin.

If we are under constant stress or experience a high stress time in our life (big change at work, loss of a loved one) our body keeps trying to help by releasing more and more serotonin. The problem is, we don't have an endless supply.

As stress depletes our serotonin, our mood gets worse and worse. When we are in a bad mood, we all know we tend to see things and think more pessimistically. This begins the negative thinking process all over again. This back and forth effect starts to catch you in what Darren calls a "stress spiral" that leaves us feeling stressed-out and overdone until we finally do something about it.

In Darren's session, you'll learn two tools to help you beat stress and avoid the dreaded "stress spiral". The first tool helps you shift the way you think. It's a simple tool that you can use immediately to help reduce or even avoid getting stressed all together.

The second tool focuses on the serotonin side of the "stress spiral". This technique explains how to keep your serotonin levels high, which actually puts you in a good mood and makes you more stress resistant.

By attacking stress where it starts, these tools give you a powerful approach to beating stress and thinking and feeling your best.

### **Benefits:**

- Employees feel happier and less stressed at work and at home; having a positive impact on their most important relationships
- Team members are easier to work with, make better decisions and are more productive
- 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 approximately \$14,000/year)

### **Client Comments:**

97 to 100% of past clients said they would like to hear Darren speak again.

- *"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
- *"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*
- *"This presentation was excellent. The content was real and down to earth and Darren way very entertaining and extremely knowledgeable."* - ERBA

### **Experience:**

Over the past 14 years, Darren has worked with several different companies designing and conducting training sessions. Over the past six years, Darren and his wife, Darci, have operated their own corporate speaking and training company, XL Enterprises.

Darren has lived his talk. Having gone through a major rut in his own life, everything he talks about are the tried and true tools he used to pick himself up and get back to feeling great.

### **Length of session:**

Two to four hour interactive sessions available.

## Contact info

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