



DARREN LANG



CATCHING THE UP-SPIRAL

(TOOLS TO BEAT STRESS AND BIG STRESS-RELATED ISSUES)

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 motivate them to take action and feel more up and in control.

"Fantastic. I laughed & cried. Darren thank you for sharing a piece of you!" -Grande Prairie College Alberta

How it works...

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.

What they'll learn...

- To identify when their stress switch gets flipped and how to 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.
- To manage stress and avoid getting caught in a "down-spiral" of fatigue, anxiety and even depression.
- How to boost the body's "good mood fluid" to think and feel your best.

Length of presentation...

This topic is available in times ranging from a one-hour keynote to a half-day workshop.

"It was great to laugh and learn...Darren is an amazing presenter and story teller."
-Employee and Family Assistance Program (EFAP) Conference

Book Darren: (306) 535-3233

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