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“Managing Stress” (1 day)

**LeadingLeaders LLC
&
Create Awareness...Change Lives, Inc.**

WHY YOU SHOULD ATTEND	PROGRAM OVERVIEW
<ul style="list-style-type: none"> To support you in recognizing and responding positively to stress in your personal and professional lives. 	<p>We are all challenged by tension and anxiety in our personal and professional lives that typically results in stress.</p> <p>This highly interactive, proactive and revolutionary approach addresses the root causes of toxic and unhealthy behaviors and provides clear steps to building strong individuals and healthy cultures through a proven path of individual leadership of self-awareness, self-ownership, and self-empowerment. By providing personal testimony, relatable examples, and concise strategic methods, this course builds cultures that are respectful, trustful and prosperous. This unique content creates relationships and environments where people and organizations hold each other accountable and thrive.</p> <p>In this seminar you will:</p> <ul style="list-style-type: none"> Identify the root causes of stress in your life <ul style="list-style-type: none"> Share how you have responded to this stress Explore our body’s chemistry and what happens when we are exposed to stressful situations Learn about the Yerkes-Dodson Stress Curve <ul style="list-style-type: none"> Stress can be a good thing Learn when the negative effects begin Examine the Adverse Spiral of unhealthy behavior Discuss how being a supervisor or team lead can be stressful Discover ways to effectively manage stress <ul style="list-style-type: none"> Identify the many things you cannot control Focus on the things you can control Learn about many techniques and practices for managing stress Examine the 5 Methods of Conflict Management
WHO SHOULD ATTEND	
<ul style="list-style-type: none"> Everyone 	

INSTRUCTOR BIOGRAPHIES



Rear Admiral Michael Giorgione (Ret.) served for 29 years in the Navy’s Civil Engineer Corps and retired in 2010. He is the founder of LeadingLeaders, a leadership development and executive coaching firm. In October 2017, he published his first book: *Inside Camp David: The Private World of the Presidential Retreat*, and in October 2020, Mike returned to a leadership and business position as the CEO of LeanFM Technologies, Inc., a PropTech start-up that specializes in data-driven analytics of building HVAC systems. Mike is a 1981 graduate of the U.S. Naval Academy, has a master’s degree in civil engineering from Penn State, and business certificates from Duke University and the University of North Carolina. He is a registered professional engineer in the Commonwealth of Pennsylvania, is a Fellow in the Society of American Military Engineers and is past Chairman of the Board of the Seabee Memorial Scholarship Association.



Abigail G. Manning is an innovative voice, consultant and keynote speaker who proactively addresses mental and physical health and wellbeing in the workplace. Abigail combines her double major in Communications (Cognitive, Social and Behavioral Studies) from Indiana University, ongoing research and certifications, and first-hand experience with overcoming multiple traumas, to deliver researched-based curriculum and unique content that is easy to understand and implement. As an instructor in the military and veteran non-profits, as well as a proud mother of Marine daughter and son, she is keenly aware of military culture. As an entrepreneur, she knows the challenges of leadership in the workplace.

POINT OF CONTACT

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