

# Caught Between a Rock and a Workplace

Presented by Mary Miscisin



Whether you are thriving at work and enjoy your job, or barely surviving and discouraged (or somewhere in between), there will always be a few rocks in your path, maybe even boulders!

Instead of wishing they didn't exist, learn to adjust your shock absorbers and realign your steering.

So instead of spinning your wheels—stuck in a ditch of frustration, you can focus your energy towards more positive results.

This upbeat, entertaining workshop provides immediately useful ways to deal more effectively with everyday challenges wherever your road may lead.

## Outcomes

- ▶ Identify the “rocks” or negative pressures at work and in life in general and compare or contrast them with positive producing conditions.
- ▶ Take an assessment of your “hurriedness index” and discuss implications for your health, safety, and wellness.
- ▶ Discern things important to you in your life and experience curious shifts in your own thinking about life's challenges.
- ▶ Distinguish a variety of methods for getting back on track when spiraling into negative attitudes or unresourceful directions.
- ▶ Reduce stress and enhance your overall well-being.

## Program Level

- ▶ Beginner to intermediate
- ▶ Anyone wishing to handle the stress situations at work more resourcefully
- ▶ Applicable to work & life in general

## Program Format

- ▶ This is designed to be a 90-minute presentation
- ▶ Other time formats are available, up to three hours
- ▶ Participatory activities are used throughout for high audience involvement
- ▶ Excellent keynote address, conference kickoff, or event close

Note: This session produces high energy and loud audience volume. Keep this in mind if other sessions are scheduled concurrently.