Speaker Information

Speaker 1
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Topic Information

Session Title: Conquer your Stress: Go from worrier to warrior
Intended Audience: Global
Category: Health and Welfare
Speaker Role: Consultant/Service Provider
Description: It's estimated that stress is responsible for 60-90% of doctor's visits and one million workers miss work each day because of stress, costing companies $602 per employee per year, according to the American Institute of Stress. It is imperative that we recognize that stress is not the problem - it's our reaction to our stress and we can learn to control it. Acquire cutting edge self-care techniques - affirmations, visualization, breathwork, mindfulness and mini-meditations - that you and your staff can do for better health. Master a mini meditation that anyone can do anytime. Learn how we can use visualization to improve our leadership and work performance outcomes. Additionally you'll explore how our words and thoughts can make a difference in our daily lives. Also covered will be how we can incorporate all of our senses in daily mindfulness to decrease the stress response and gain control over our reactions, bringing us to greater peace and productivity. Attendees will walk away with an increased sense of control over stress, and practical tools that can be immediately put to use in their everyday lives. Kathy has been involved in stress reduction for 30 years and has lectured around the world. She is an award-winning author and coach.

Takeaways/Learning Outcomes

Takeaway/Learning Outcome 1: Recognize the emotional, physical and behavioral signs of stress.
Takeaway/Learning Outcome 2: Examine current research on meditation, positive self-talk and visualization and how it can be incorporated into your workday.
Takeaway/Learning Outcome 3: Learn a simple technique, known as a mini-meditation, to stop the stress response in its tracks and how mindfulness can work daily even if you think you don't have time.