

Ms. Jen Butler

Session Date: Friday, October 18, 2024

Session Time: 11:00 AM – 12:00 PM

Presentation: *“From Functional to OPTIMAL: Facing the Realities of Stress”*



Synopsis: Learn what stress is, what it isn't, why it prevents you from achieving your goals, and how the right coping methods matter. In this no-nonsense presentation, attendees will be armed with what they need to move from frustration and dread to clarity and momentum.

Professionals look for stress relief by addressing external problems (hire/fire staff, take CE courses, throw money at marketing, etc.), which only serves as a Band-Aid. External solutions are not going to resolve this internal, biological reaction. Learn where stress is present in your business, why it prevents you from achieving your goals, and how to move from functional to OPTIMAL.

In her pragmatic approach, Jen Butler (master executive and board-certified coach) debunks the myths behind stress in business and shares how to successfully navigate stressors. Attendees will build an action plan to incorporate practical, effective coping methods with the result being less stress, higher profits, and more energy for business and life.

Objectives:

- Attendees will learn key workplace stress management definitions and how they appear.
- Attendees will understand the importance of the Know~Assess~Reduce Your Stress process.
- Attendees will leave with coping methods to reduce stress that can be implemented right when they leave the room.

Biography:

Jen Butler, MEd is a Board-Certified Coach (BCC), Master-Certified Coach (MCC) and a Diplomate for the American Institute of Stress (DAIS). Pulling from her 30+ years in the stress management industry, she is extremely proud to be the creator of the Rest from Stress program, a self-guided app of information where people can learn how to Know-Assess-Reduce their stress. For more information go to RestfromStress.com or email Info@RestfromStress.com.