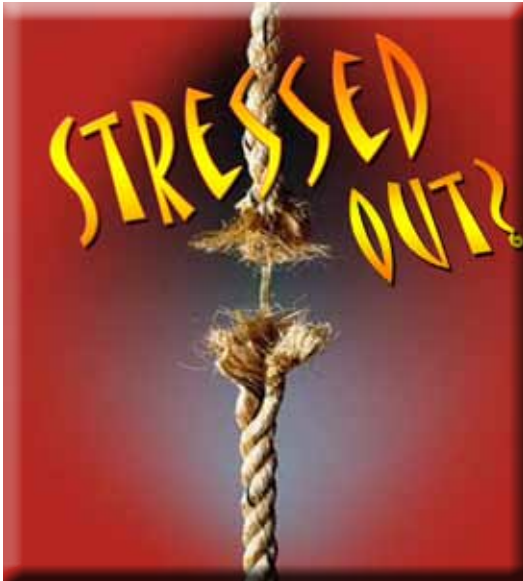


Stressmaster Presents

Mastering **STRESS!** Workshop

*“Learn to **Thrive**, Not Just Survive,
in a World of Stress!”*®



Do you have employees or staff whose rope is about to break? Are your employees coming to work stressed, wired or angry? Are they leaving work early or experiencing stress related health problems? Do you find some employees avoiding difficult tasks and assignments or doing them poorly? Are your health costs for emotional distress issues increasing? Do you have angry or hostile workers causing stress in others? Are your managers using anger as a management technique to the detriment of others?

Each of our Stressmastery workshop is geared to helping you and your employees learn vital tools and techniques to control stress and discover the "Keys to Stressmastery".

Our team of national experts in stress management provide over 30 years of experience in helping others to master stress at home or work. Your team will love the proven effective tools and techniques for inner calm, increased productivity and job satisfaction, even when the heat is on!

In our workshop, participants will learn how to...

- Use the 4 main Stressmaster strategies---essential for defeating stress
- Recognize stress early---before it becomes a problem
- Lower stress levels---to calm yourself when the pressure is on
- Employ stress management techniques---to create balance & equilibrium
- Deal with irate & difficult people---to be more effective
- Identify what level of stress works best for you--to stay cool and calm
- Stop stress in its tracks...by taking control of negative thoughts & emotions
- Apply the techniques with others---to help reduce fear and anxiety and improve productivity



And, you'll experience and learn how to reduce stress through...

Meditation Yoga Mindfulness Training
Visualization Training Aromatherapy Massage & More

Contact Dr. Jim Petersen to discuss a program for your company or organization.

www.Stressmaster.com - 480-444-6301 - info@stressmaster.com



Mastering **STRESS!** Workshop



Participants will gain Knowledge and Skills to...

- Recognize when stress is becoming a problem before...it becomes overwhelming.
- Bring stress levels down and create inner calm when the pressure is on
- Use proven successful techniques for creating balance and equilibrium
- Deal more effectively with irate and difficult people
- Recognize what level of stress works best for you and what levels do not
- Apply the tools and techniques to your patients, co-workers, administration and doctors.

You will Learn Techniques to Reduce High Stress Levels such as:

- Discover the Power of Mindfulness - How to live in the "Now"
- How to recognize early warning signs of stress.
- Identifying and dealing with irrational thinking...yours, your colleagues and patients.
- Learning how to master hassles and major life tragedies.
- Mastering extreme stress situations
- Learning how to keep stress levels "optimized" and manageable -yours and your patients.
- Reducing and replacing negative thinking with positive thinking and self-affirmations.
- Decreasing high levels of stress and replacing stress with peaceful states of mind
- Stopping stress in its tracks by taking control of your thoughts, feelings and emotions

You will Experience Rapid Stress Reduction Techniques, such as:

- MEDITATION - How to calming your inner stress to increase focus and success
- YOGA - How to bring your body into balanced both physically and mentally
- DEEP RELAXATION TECHNIQUES - How to reduce high tension levels and keep them low
- EXERCISE - Simple exercises to burn away the negative effects of stress hormones
- DIET AND NUTRITION - Foods that can boost mood, stress vitamins and more.
- AROMATHERAPY - How scents can influence mood
- TAI CHI - How to integrate a 2000 year old method for centering ourselves each day.

*Mindfulness
Training*

Meditation

Massage

Yoga

Visualization

*Aroma
Therapy*

*Progressive
Relaxation*

*Autogenic
Exercise*



Program Summary

Prior to the Program:

You will complete the internationally recognized Stress Management Questionnaire (SMQ) via the Internet. The result of this unique assessment is a Stress Risk Profile on 11 separate stress scales. At the workshop, Dr. Petersen will explain the SMQ in detail and how to interpret the results. Each person will receive the 28 page Stressmastery Guide Booklet which provides specific guidelines for positive change.

The Program: 7:30 a.m. to 4:45 p.m.

7:30 – 8:30 am

Registration & Continental Breakfast

8:30 – 12:00 am

Stress and Health Care Costs to Employers – What we now know

How stress affects us – new research

Stressmastery & Psychological Hardiness 3 Key Principles to know

Morning Break

The Effects of Humor on Stress – Group Experience

Meditation to reduce Stress by Sarah McLean – Group Experience

Interpreting the results of the SMQ – Stress Risk Assessment

Take a Mental Vacation – Guided Visual Imagery

12:00 – 1:00 pm Lunch (on your own)

1:00 -4:30 pm

The 4 Key Strategies to Master stress

Using Aroma Therapy to reduce stress on the job...Rapidly! - Group Experience

Mindfulness Skills to keep focused on what is really important

Why some people do better under stress than others

Using Yoga and Massage to reduce stress on the job...Rapidly! - Group Experience

How to apply what we learn to your work and your patients

Discovering the Gift That is You! - Final Presentation.

*Mindfulness
Training*

Meditation

Massage

Yoga

Visualization

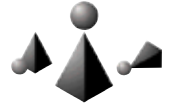
*Aroma
Therapy*

*Progressive
Relaxation*

*Autogenic
Exercise*



Stressmaster



STRESSMASTER is an international training and consulting company providing stress management training and consulting since 1980 to both large and small companies and organizations around the country. Founded by Dr. James Petersen, noted author, psychologist and Stressmaster coach, Stressmaster focuses on helping each person "To Thrive, not just Survive, in a World of stress." Our goal is to make a difference in the way each person masters stress-at work and at home. Stressmaster also works with companies to identify sources of stress and to provide creative solutions for optimizing stress for peak performance.

Stressmaster has a national and international network of Associates who provide training, services and consulting with our tools and techniques to their clients around the world. We have Associates in various countries around the globe. Associates are available for training, assessment and consultation on matters relating to employee stress, wellness and dis-stress.

The heart of our program is the Stress Management Questionnaire (SMQ). This internationally acclaimed self-assessment tool was designed and developed by Dr. Petersen in his Stress Management and Biofeedback Clinic. The SMQ is one of only a handful of stress self-assessment tools that has been properly researched and evaluated. The SMQ is now available On-Line at Stressmaster.com. The SMQ is a 32 page guide that helps one identify, understand and master life and work stress. Over 600,000 people across the globe have completed and used the SMQ to help them understand and master stress at home or work.

James C. Petersen, Ph.D. - Founder and CEO, Stressmaster



James Petersen, Ph.D. received his degree in Psychology from the University of Arizona with a focus on Clinical and Developmental Psychology. Jim has 30 years of experience as a clinician, trainer and human resource consultant to companies and organizations. As a clinician, Jim founded the Behavior Associates' Biofeedback and Stress Management Clinic in Tucson. His clinic was one of the first biofeedback and stress management programs in the Southwest that specialized in stress, anxiety and pain management.

As a trainer, Jim is an accomplished speaker, stress coach and workshop leader. Jim created the concept of Stressmastery in 1980 to communicate the importance of going beyond basic coping with stress by moving toward stressmastery in how one reacts to stressors. He has worked with wellness spas such as the Canyon Ranch and has designed stressmastery training programs for Fortune 100 companies, hospitals, clinics and wellness centers. He developed a unique stress management program for the University of Arizona's Medical School called "Project Well Aware About Health" which was funded by the Kellogg Foundation.

As a consultant, Jim has worked with companies and organizations throughout the US to help solve employee challenges: from recruitment, assessment and hiring to human resource training and development. Through his company, Human Resource Interface, Jim has helped companies to find, recruit, train and keep the best possible employee



Daniel Johnson - Director, Wellness Council of Arizona

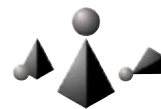


Daniel A. Johnson has been the Executive Director of the Wellness Council of Arizona for fourteen years. The Council helps to coordinate wellness programs for over 300,000 employees. As a health promotion specialist, Dan has been successful in the area of motivating human change. He has owned and operated 20 athletic/fitness centers throughout the southwest. He has written, produced and appeared in over 100 radio and television campaigns promoting fitness and quality of life. Dan is active as a personal trainer having worked with cardiac recovery patients along with advanced athletes and general populations.

Dan is the originator of "STRIVE" motivational programs, which focus on human dynamics and personal potential. "STRIVE" has been presented for major corporations such as IBM, Raytheon and Farah Clothing along with over 5,000 youth. Dan is a guest motivational speaker at Canyon Ranch Health Resort presenting "Discovering the Gift that is You!" He has spoken at over 600 different corporations along with numerous conferences and retreats. Dan has been a professional athlete having held national sponsorships as a racquetball player. Wilson Sporting Goods and Ektelon Racquet Sports were two of his sponsors. Through the Wellness Council, Dan currently coordinates the activities of over 20 corporate on site health coaches along with the initiatives they are advancing for the employers.

As part of Dan's community involvement, he has worked with Senior Olympics, spoken with many civic groups, and has served as Training Chairman of the Explorer Boy Scouts of the Catalina Council. Dan served as a member of the Wellness Councils of America's Board of Directors for three years. Dan has served on the Southern Arizona Advisory Board for the American Diabetes Association, the Arizona Governor's Council on Physical Fitness, Sports and Health along with the advisory board for the Arizona Department of Health Services' "Healthy Arizona 2010". In 2003, the National Partnership for Wellness was formed and Dan became the President. The Partnership is dedicated to advancing health promotion through collaborations in work sites and communities for individuals and their families.





Sarah McLean



Sarah McLean has been featured in the NY Times, and Phoenix Woman magazine calls her "an inspirational and dynamic teacher." Sarah's been speaking and writing about meditation and mind/body health since the early 90's.

She was the founding education director of Deepak Chopra's mind-body health center, directed Byron Katie's School for the Work, and assisted Seat of the Soul author, Gary Zukav. She was even a medic in the US Army trained to treat soldiers for post-traumatic stress disorder. Sarah has explored world spiritual and cultural traditions: along with her 19-year meditation practice, she's been a 2-year resident in a Zen Buddhist monastery, lived in an ashram in India, taught English to Tibetan Buddhist nuns, bicycled along the silk route through Pakistan, meditated in temples in Thailand and Japan, and trekked the golden triangle in Asia.

Recognized in 2008 by National Association of Women Business Owners (NAWBO) as a trailblazer, Sarah demystifies meditation and makes it accessible to anyone. She's the founding director of the Sedona Meditation Training & Retreat Co., and is a sought-after presenter on the subjects of stress-reduction, meditation, and self-awareness. She has a regular segment on AZ Family's Your Life A - Z, and is a frequent guest on AZ TV's AM Arizona. She's often invited to lead self-discovery retreats at world class spas such as Miraval Resort in Tucson, and Utah's Red Mountain Spa. She can be reached at info@sedonameditation.com, 928.204.0067 or visit www.sedonameditation.com

