

# Stop Stressing Out Corporate Programs



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## WHY UTILIZE STOP STRESSING OUT?

In today's economic environment, companies and organizations need to bolster productivity, increase creativity, and deliver results. Those who embrace quality, service, teamwork, and trust throughout their workforce will thrive in such an environment.

Stop Stressing Out serves as the right-hand to HR departments by providing high-quality service and innovative programs that engage untapped potential in your talent pool while increasing productivity and profitable growth.

### RESULTS

An increase in employee:

+ Productivity  
+ Retention  
+ Confidence  
+ Satisfaction  
+ Morale

=

Higher earnings per employee,  
lower cost of retraining & rehiring

A decrease in employee:

- Absenteeism  
- Negative spillover from non-work activities

=

Greater available work hours, lower avoidable health care costs



### ABOUT ZOHAR

Zohar Adner is the author of *The Gift of Stress*, and creator of the Seven R's of Stress Release®—a process to release ANY stress quickly, easily, and effectively.

His humorous and engaging presentations illustrate how to capitalize on the stress' urgent message, regain control over it, and release it.

Zohar appeared on Late Show with David Letterman to coach one of their staff, and has been interviewed for articles in Women's Health, Men's Health, Woman's World, Weight Watchers, Career Builder, USA Today, and NY Post.

He earned an Economics degree from NYU in three years.

## WHAT PEOPLE ARE SAYING

"Thanks again for your presentation - the feedback has been overwhelmingly positive. The audience was very engaged, and the exercises are something people can take with them to utilize to their advantage long into the future." Christian Uhl - Event Coordinator

"Zohar's workshop totally changed my thinking. He somehow managed to bring me and the others in the class past our inhibitions. Zohar is truly talented." Matt Lewis - Investment Banker

"The workshop was a great success. Everyone said they got a lot out of it." Liza Wyles - WE tv Producer/Group Wellness Organizer

## SIGNATURE TALK

**The Game of Stress: Stress Becomes Fun Once You Know the Rules**

Based on the principles introduced in *The Gift of Stress*, this keynote and workshop will energize, engage, and uplift.

Using experiential exercises, group discussion, and detailed worksheets, you'll discover insights and workable solutions to your most overwhelming situations resulting in an immediate, significant, lasting reduction in the level and impact of stress in your life.

You'll walk away knowing how to:

- Stop stressing out about the same situations
- Gain greater balance between your professional and personal life
- Communicate more comfortably with colleagues, family and friends
- Conduct your most frustrating interactions with assertiveness and grace
- Get more done, faster
- Sleep better
- Breathe easier
- Have more energy for what you deeply care about

## OTHER SPEAKING TOPICS

Work/Life Harmony  
Team/Trust Building  
Job Search Skills

Communication  
Creativity  
Presenting for Impact

## PARTIAL CLIENT LIST

MSG/Cablevision  
WE tv/Cablevision  
Career Gear  
Cornerstone Research  
Consensus Group  
NJ Cooperative Education Assoc.

Church Pension Group  
Jewish Community Center  
United Jewish Communities  
Elisabeth Irwin High School  
Polytechnic Institute of NYU  
Seton Hall University