

Zohar Adner



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Zohar Adner, CEC (Certified Empowerment Coach) and university Career Counselor, is the creator of the Seven R's of Stress Release® program. Based on his expertise as a Stress Specialist, he developed this system to **release ANY stress quickly, easily, and effectively.**

He has assisted clients to let go of many types of stress including: life/work harmony, life-vision & career uncertainty, family conflicts, life-threatening medical issues, and public speaking concerns.

Zohar lectures on aligning people's lives with their inner desires by releasing stress. He also conducts communication workshops that bring out people's natural, vibrant, expressive abilities through improvisation techniques.

Zohar was selected by *Late Show with David Letterman* to coach one of their staff, and is a favorite on Life Coach TV - a popular prime-time cable TV show in Manhattan which promotes the field of coaching. He has also been interviewed for articles in *Women's Health*, *Men's Health*, *Women's World*, *Weight Watchers*, *USA Today*, *CRM Magazine*, and *Match.com's Happen* magazine.

Currently, Zohar is writing a book, *The Gift Of Stress: Discover And Pursue The Passions That Make Your Heart Sing*, detailing his unique approach to stress and examples of how the Seven R's of Stress Release have been applied in real-life situations.

In addition to his coach training, Zohar has studied, performed, and taught improv comedy for over seven years. Coaching and improv have honed his ability to listen attentively, be present, and provide a safe, creative and fun space for personal exploration - all of which lead to more successful coaching sessions. He has also starred as a voiceover artist in radio commercials, educational documentaries, and other media.

WHAT PEOPLE ARE SAYING

"Before being coached by Zohar I felt like I was just stagnating for quite a while. Our working together has freed me up during my downtime; I can now actually relax and spend time with my family!"
Scott Holt - Founder of the Center for Peace Power Purpose

"Zohar provides simple, specific tools I can use on a regular basis to identify what's going on, see what it means, and decide how to handle it." Jennifer Zwiebel - Professional Organizer

"I didn't really expect to deal with as much as I did, but the process was able to both confront the real issue and give me some new and realistic options." Charles 'Chuck' Bins - President, The Marketing PR Network

SPEAKING PROGRAMS

The Seven R's of Stress Release:

A step-by-step process to rid ANY stress

Using experiential exercises, group discussion, and detailed worksheets, participants discover insights and workable solutions to their most overwhelming situations resulting in a significant, lasting reduction in the level and impact of stress in their lives.

Participants will find themselves feeling more relaxed, positive, confident, communicative, and joyful.

Improv-e Your Communication:

A communications workshop for non-improvisers

Saying what needs to be said, and hearing what is actually said are the foundation to generation, exchange, and execution of projects.

- Convey your ideas and intentions more effectively
- Identify communication gaps that cause conflict
- Recover from "foot-in-mouth" gracefully
- Understand the unmet needs behind complaints
- Conserve valuable time and energy
- Reduce stress and maintain balance

ADDITIONAL WORKSHOP TOPICS

Work/Life Harmony – Stability in the home, translates into stability in the workplace and vice versa.

Team/Trust Building – While staff has to be individually capable of tasks, they must work in a cohesive unit if the best results are to be achieved.

Body/Mind Relaxation – A break from the constant noise and chatter that engulfs the workplace.

Creativity Growth – New ideas surface in the right environment – one that promotes spontaneity, provides low-risk, and emphasizes openness and trust.

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