

# Stress Busters for Frontline Workers

Finally, a workshop that addresses the specific kind of stress faced by people in Human Services!

Workplace Stress is costing Canadian Business in excess of \$36 Billion dollars per year! By reducing workplace stress you can improve the overall health of your workers, reduce expenses through benefit plans, increase morale, reduce absenteeism, and boost productivity!

In this dynamic workshop you will:

- ❖ Identify if you have a low, moderate, high, or severe level of stress
- ❖ Understand the link between stress and illness
- ❖ Acquire and practice simple, portable relaxation tools that can be used anywhere, anytime
- ❖ Learn a multitude of strategies to help you obtain and maintain optimum stress levels
- ❖ Re-take control of your life and let go of the things you can't control
- ❖ Develop your personal action plan to reduce the negative effects of stress



Who Should Attend This Workshop?

- ❖ Healthcare workers, Nurses, and Personal Support Workers
- ❖ Support and Administrative Staff
- ❖ Mental Health workers, Career or Employment Counselors, and Child and Youth Workers
- ❖ Correctional Workers, Police Officers, Victims Service workers
- ❖ *Anyone* who works in Human Services

## About the Facilitator:

Your day of stress-reduction will be facilitated by Julie Christiansen, Anger Resolution Specialist, and President of BODA reLEAF consulting, a company dedicated to helping people make drastic, positive, and lasting change in their lives. With over 15 years of experience in human services, this Certified Seminar Leader will both educate and entertain you. Julie has been compared to the likes of Brian Tracy and Jack Canfield, and consistently receives ratings of “Excellent” and “Outstanding” for her presentations.