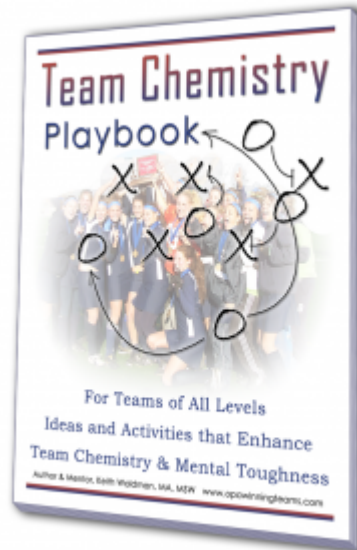




Stress for Success

 opawinningteams.com/corporate-team-building/stress-for-success



Our Stress for Success Management training programs are comprehensive, extremely interactive, and fun. Our proven stress management programs will:

- Provide a hands-on learning experience that will promote personal growth and performance.
- Help you learn how to stay cool, calm, and focused under pressure
- Incorporate the latest stress management techniques that will help you win the mental game of work and life.
- Use formats that include innovative and dynamic activities that will fully engage your team.



Participants will be able to:

- Identify their own stress reactions
- Gain an awareness of how stress is helpful/harmful in their work or home environment
- Learn at least 3 techniques of stress management that can be incorporated into the work setting.
- Identify changes in lifestyle that may lead to less stress.

Our corporate Stress for Success management training programs can be conducted at your location, an off-site meeting location, or at the OPA Retreat Center. Formats vary in length depending on your goals and objectives.

Program Length: 90 minutes to 3 hours

Program Size: 8- 100