

# **Your Best Self:**

## **Staying Resilient and Focused Under Pressure**

Designed for anyone who experiences stress, whether at work (with stressed clients or in stressful work environments) or in their personal lives and relationships. This dynamic workshop helps people understand what happens to their thinking, health and effectiveness when they are stressed or under pressure. This workshop provides practical tips and techniques individuals can start using immediately to transform dramatic emotional reactions into healthy, balanced responses. Learn how to shift your brain's process in the heat of the moment and stop a stress reaction in seconds.

Participants identify specific situations they would like to handle more effectively and then learn specific skills that will allow them to handle these situations with new calm and effectiveness, *immediately*. A recommended beginning point for all audiences. Participants consistently report that they emerge from this workshop with significant shifts in their ability to handle stressful scenarios well, engage differences openly and optimistically, stay focused on solutions, reduce stress and pain in their bodies, and sleep better!

**April 8, 2010**

Thursday - 9 AM - 4 PM  
Best Western Mill Creek Inn  
Salem, Oregon

***\$125 includes snacks and workbook.***

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### *Recent feedback from this training:*

"I thought it was one of the best trainings I have ever been to. She was a great speaker, and kept it interesting and fun. I think the breathing exercises and how that can affect your brain chemicals, immune system, and mood, was the most helpful. I also found identifying my stress triggers beneficial, as some of them are unconscious, like standing in line at the grocery store and traffic. Very good training! "

"Preface: I HATE long drawn out formats, most "motivational" formats. Robin's presentation was anything but the above, rather an informative, sincere and information packed seminar in what makes humans tick, packed with beneficial applications for the workplace, personal life and general wellness. My paper evaluation had her 5 of 5 with no recommended changes. I even purchased Robin's book. This was information I can not only use at work but at home as well and in everyday life."