

# Stress Management for Business

## *Increasing Productivity and Profit*

**The Problem:** The same negative stress that derails professional baseball players or golfers can cost you profit in business. The effects of negative stress include:

- Reduced performance
- Decreased **productivity**
- Mistakes
- Increased absenteeism or sick days
- Conflict
- Accidents

**Your Solution:** In just 90 minutes, I will teach your staff my fast, practical and effective four-step RSVP Stress Management System that they can start using immediately to control their stress, be more productive and save you time and money.

This is the same system I teach professional athletes to help them manage negative stress in competition, customized for your needs.

Included in this workshop:

- A brief overview of stress - definition, causes, effects
- My fast, practical and effective four-step RSVP Stress Management System to control and relieve both how we think and how we feel about negative stress.
- Practicing my One Minute Stress Relief Tool
- An informational worksheet
- Two downloadable relaxation MP3s

At the end of this workshop, your staff will have skills they can start using immediately to control the effects of negative stress and be more productive and profitable for your business.

Contact me for pricing and availability: (916) 802-5897 - david@thementalcoach.com

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## About The Mental Coach



David Kenward, The Mental Coach, solves problems with the mental game of baseball and golf, quickly, so players can do their best under pressure in competition. He specializes in curing the yips, getting out of slumps and improving speed, power and accuracy under pressure, quickly, guaranteed.

He created his mental coaching system by combining his experience with sports competition, the medical field and business world with over 30 years mental training experience. When he's not helping players get the competitive edge, he's usually out hiking with Orion, his Doberman Pinscher.