



Stress Reduction 101

Waterfront Hotel
2020 Lakeshore Road

Thursday, October 14

7:30 am Breakfast & Networking
8:00 am Seminar
10:00 am Closing Remarks

Members \$20 (+ HST)
Non-Members \$30 (+ HST)

*Non Members must pay in advance.

Spaces are limited

Being an entrepreneur can be stressful. Are you concerned about your next sale, your employees, dealing with clientele, and the home issues? Then attending **Stress Reduction 101** will help give you insight into the “whys?” along with some practical “how to” answers. Stress is here to stay but how we handle it can make all the difference in the world. **Stress Reduction 101** is an entrepreneurial customized workshop...practical, interactive and fun! Learning useful tips to help manage and feel less stress at work, develop skills, create a stronger team helping you to build a successful business. Learn from two experts with over 20 years of experience in stress management and emotional health.

Topics for Stress Reduction 101:

- Coping in crazy times - being aware of your personal stress “temperature” and learning ways to bring it down
- Creative thinking and problem solving to manage our own emotions and the emotions of others
- Improving personal and sales skills by learning techniques to remain calm and in control
- Learning the links between stress and illness and how this can be avoided.



Please reserve ___ spaces for the Stress Reduction 101 seminar.

Names of attendees _____

Payment: Amount _____ Credit Card Cheque (enclosed/to follow) Invoice Me

VISA / Master Card # _____ Expiry _____

Name _____ Signature _____

Company _____ Email _____

Phone _____ Fax _____

You Must Register in Advance for this Event. Cancellations within one week of any seminar can not be refunded. Register online at www.burlingtonchamber.com or email wendy@burlingtonchamber.com or fax to 905-333-3956