

Craig Nathanson, The Best Manager™

Workshop: How to defeat stress in life and at work



About Craig:

Craig Nathanson is the founder of THE BEST MANAGER™, workshops and products aimed at bringing out the best in those who manage and lead others.

Craig is a 25 year management veteran, Executive coach, college professor, author and workshop leader. Craig Nathanson is also The Vocational Coach helping people and organizations thrive in their work and life.

Craig's on line communities can be found at www.thebestmanager.com and www.thevocationalcoach.com

You will learn:

- What causes stress
- How to defeat the stress when it comes
- The typical reactions to stress
- The relationship between the mind and body under stress
- Why stress makes us adopt a crisis mentality
- The three most important strategies for defeating stress
- How to develop resiliency that will help you defeat stress
- How aligning your plans and priorities help defeat stress
- When stress can be good
- How humor can defeat stress

Interactive, thought-provoking, and you can apply what you learn right away!

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