

Idaho Department of Labor Employer Association

PRESENTS:

Reducing Stress in the Workplace

- Work to Counter Stress
- Build Stress Resilience
- Be aware of the danger signals of acute stress

All organizations will have some degree of stress among their employees. Stress is a part of life. The keys are in seeking solutions that target the sources of workplace stress, and teaching people to cope with those personal and professional stressors that are inevitable.

Offer your employees a variety of stress prevention and management techniques. Doing so will benefit your employees and your organization.

Facilitated by:
John Roberts, Business Psychology Associates

**Tuesday, November 10, 2009
7:30am to 9:30am**

**Meridian School District
Salmon Room
1303 East Central Drive, Meridian, ID 83642**

Cost: \$15.00 per person, includes continental breakfast and door prizes

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Changing Times, Practical Solutions

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