



Remaining Positive in Challenging Times

DESCRIPTION

In a recent study conducted by Ipsos, 60% of adults surveyed globally report experiencing stress to the point where they feel unable to cope, while 51% of Americans view mental health as a top concern in their life. Many can relate to these sentiments even during normal times, but during times of crisis these issues are most certainly magnified. Of course, challenging times in themselves take on very different forms. Whether it is a stressful work project, conflict with another individual, financial struggles, health issues, family problems, or a national or global crisis, the principles in this highly interactive program have been designed to help. As a crisis can affect multiple areas of life, this content has been customized to impact both career and personal aspects of living. Attendees will learn strategies that can help them to control stress levels, build habits to promote growth, and focus on opportunities. Whether currently dealing with a major crisis, or just desiring to be prepared for the next set of challenges, participants can be confident implementing the practical concepts from this session.

LEARNING OBJECTIVES

- Discover 3 keys to manage mindset and reduce stress
- Consider 7 daily habits to promote personal growth and mental health
- Learn specific techniques to stay focused and productive during challenging times
- Create individual action items to maximize opportunities

ADVANTAGES

- Targets all audience levels
- Flexible timing
- Available for in-person, hybrid, and fully virtual events

Tyler Enslin

443.857.0509

tyler@tylerenslin.com

www.TylerEnslin.com