



# TAME THE TURBULENCE!

## Avoid Losing It. Fly Through It.

### Description:

Today's workforce is experiencing job burnout and stress in epidemic proportions. The undeniable daily demands on our time and attention often leads to feelings of being overworked, overwhelmed and over-committed. Rather than spend each day in a frenzy of activities reacting to crisis after crisis, discover how to take back control of your life.

Learn to identify triggers that cause negative stress and proactively prevent, reduce and better cope with it more effectively. Decrease unwanted interruptions and distractions, allowing greater control of how you manage your time and energy. Teach your lips to respectfully say "no" or "not now" when appropriate, set and maintain healthy boundaries with others, lead productive meetings with positive outcomes, and delegate more often and in the right way. Avoid losing it! Instead, *tame the turbulence* in your life and become happier, healthier, more focused and productive—both professionally and personally.

### Learning Outcomes:

- Prevent, reduce and better cope with negative stress by minimizing the frequency and duration of unexpected interruptions and distractions, setting and maintaining healthy boundaries and limits with others, and overcoming the stress-inducing habit of procrastination.
- Get more done with clearly defined goals, a de-cluttered and organized workspace, a well-managed email inbox, and a structured process to enhance efficiency—allowing for greater concentration and focus.
- Enhance productivity by saying "no" when necessary, stop wasting time and lead meetings efficiently, and delegate more effectively by empowering others with authority and responsibility.

### Biography:

Tracy Stock is one of the most in-demand and top-rated female speakers in North America today because of her ability to inspire behavior change and achieve positive outcomes. As a former director of learning and development and 25 years of speaking experience, her trusted clients include the US Army, Motorola, Berkshire-Hathaway, US Bank, the Society for Human Resource Management and Subway, to name a few.

As a Certified Speaking Professional® (CSP)—Tracy has earned the highest honor in her profession held by only 12 percent of speakers *worldwide*. She is also a prolific and best-selling author, with six published books and numerous other products.

Tracy is a dynamic, passionate speaker who is committed to energizing workplace culture, enhancing employee engagement and empowering high performance by helping organizations to inspire behavior change and *achieve positive outcomes*. When looking for a memorable speaker who understands client's needs, delivers on her promises, and drives energy and success to your event, Tracy Stock is your solution.