

STRESS MANAGEMENT

From the Inside Out

Lucy Wellmaker, M.Ed.

(336) 632-1940

CoachW@LucyWellmaker.com

Did you know Stressed Employees:

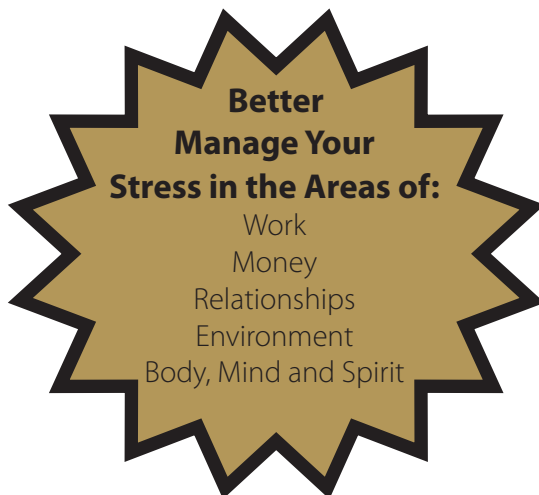
- Tend to take more sick days.
- Are less satisfied and less productive.
- May become angry and/or depressed.

Stress Management *From the Inside Out*

A program to help your employees become happier, healthier, and better at what they do.

Participants who attend will:

- Better understand themselves and others.
- Gain clarity on their situations and challenges.
- Identify the various sources of their stress.
- Learn practical stress management techniques.
- Find out how to have a positive outlook on their individual situations and on life in general.



Benefits of Reducing Employees' Stress

- Positive Attitude
- Improved Health
- Relaxed Atmosphere
- Increased Efficiency
- Greater Productivity

About the Presenter

Lucy Wellmaker has a Master's Degree in Counseling from the University of North Carolina at Greensboro and is a graduate of the Institute of Life Coach Training. Lucy has a passion for working with people who are interested in improving their quality of life. She helps people look within themselves and choose actions that will give them a greater sense of fulfillment and allow them to be more productive and purposeful in their lives.



"Lucy has an infectious joy that is reflected in her presentation, her interactions, her facilitation. She is obviously right in line with the work she loves to do."

*Kathleen Martinek, Consultant
Right Management Consultants
Greensboro, North Carolina*

Ready to Schedule a Seminar?

This interactive program can be tailored made to fit the needs of your group. Call or email to schedule a seminar for your organization.

From someone who did:

"The Accordant employees really enjoyed Lucy's seminar on Stress Management. The seminar was a great time for our employees to share their stressors if they wanted, and to learn stress-managing techniques from both Lucy and their co-workers."

*Christine Mabe
Accordant Health Services, Inc.
Greensboro, North Carolina*

THE BOTTOM LINE: Less (Stress) = More