



LEADERSHIP USA® FEATURED FACULTY

MONTHLY MEMBERSHIP SEMINAR

The Master Key to Managing Stress: The Art & Science of Stress Reduction in Times of Change



What few of us realize is that daily stress, left unmanaged, affects our mental health and our emotional and physical well-being. Yet, we as individuals or corporations, do very little to address the impacts of stress. Studies show stress being a major factor in morale, productivity, inflation of capital costs, safety issues, interoffice conflict (EEO Complaints), and the bottom-line. The ROI on a stress reduction program in the workforce can equate up to a 200% increase in performance and reduction of sunk costs. This course offers a powerful solution to managing stress.

Michelle Anne, MBSR, PCC, Acharya, WOSB

Michelle (Shakti) Anne, is a Master Executive Neuro Coach, Brain Trainer, and National Speaker in the fields of Stress Mastery, NeuroLeadership, and Conflict Management. Her clients include: FEMA, Bureau of Prisons, and some of the largest Fortune 100 consulting firms. Michelle has studied Neuroscience at Harvard University, Business Leadership at Miami University, and Creativity & Innovation at Parsons School of Design. She is part of a think-tank with leaders at the United Nations, Harvard, and Pepperdine, developing new methodologies around evolving leadership adaptability, innovation, and enlightenment.



½ day - Tuesday, June 9, 2020
Session: 9:00 AM - 12:00 PM

LIVESTREAM and RECORDING AVAILABLE

Competencies:

Emotional Intelligence
Goals & Performance
Culture / Engagement

Most Appropriate: Level 3
Next Appropriate: Level 2