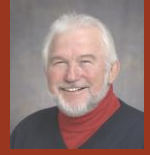


Be at Your Best in Times of Stress - Positive Coping Skills



Emotional Intelligence: Be at your best in times of stress

Dave will share his perspective of the roller coaster ride that is life today. He will provide insights into how to become more resilient.

There are four main signs of emotional distress.

Physical: Low energy, aches and pains, frequent illness

Emotional: Irritability, feeling overwhelmed, moodiness

Cognitive: Inability to concentrate, memory problems, poor judgment

Behavioral: Eating or sleeping issues, procrastination, nervous habits

Are any of these affecting your ability to be at your best?

Dave will share many experiences in dealing with life and his proven Emotional Intelligence strategies for staying positive almost no matter what life hands you. He will leave you inspired and optimistic about your future.

Participant Comments

"Dave's presentation gave us a message of hope" - PTSD Support Group

"Dave's coaching process provided a place for me to begin, I now see that I have options" - Nunavut manager

"I enjoyed it, I will not think so much about the negative things in my life"

Scheduled Dates - 9:00 to 3:00

Kingston - April 15, 2019 Donald Gordon Centre

Toronto - April 12, 2019 Location TBA

Ottawa - May 10, 2019 Location TBA

Limited spots available so enroll soon

For More Info

D.K. Neely & Associates Phone (613) 546-6532

Email: dneely10@cogeco.ca

www.neely-training.com

Who should attend this session?

Anyone who is coping with stressors either at work or at home. It will leave you with a more positive path forward.

About The Facilitator

Dave Neely is a Kingston-based speaker and training consultant. His soon to be published book entitled "A Year from Today" outlines his coping strategies. You will enjoy his passion and practical insights into human behavior.

Registration Costs

\$375, plus HST. Includes a Behavioural Intelligence Assessment

Sample: <http://neely-training.com/wp-content/uploads/2015/11/Behavioural-Intelligence.pdf>

Optional Coaching

Customized Sessions and Keynotes Available