

# TAKING CONTROL – 9 WAYS TO MANAGE WORK AND PERSONAL STRESS

This session is about understanding and managing stress. It's about helping you take control of the pressures and demands in your work and personal life. Its main purpose is not only to help you design a stress management plan, but also to provide you with the strategies and resources to implement this plan.

This session contains some of the best clinically proven techniques for relieving stress.

Your speaker will be Dr. Melnychuk, a nationally recognized speaker who has worked with thousands of men and women across Canada in the areas of stress and fatigue management. He has earned the reputation of being a stimulating and entertaining speaker.

Dr. Melnychuk will help you:

- Understand the physiology and psychology of stress
- Discover the sources of stress that come from work and home
- Apply Dr. Melnychuk's "STRESS MODEL"
- Use scanning and focusing techniques
- Use three proven relaxation exercises
- Manage anger and hostility
- Implement a four step "Action Plan"

## CLIENT FEEDBACK:

"The Planning Committee joins me in thanking you for your excellent presentation on stress. There have been many enthusiastic comments from staff who attended **and recommendations that we bring you back again.**"

– S. Doughty, Director  
International Nurses Week

"I would like to **acknowledge the tremendous wisdom and humour you brought to the City of Saskatoon employees.** On behalf of the Wellness Committee and the City of Saskatoon, we wish to thank you for your two sessions, "Taking Control – 9 Ways to Manage Work and Personal Stress" and "Building Stamina, Managing Fatigue." Both of these sessions were **very motivational and practical** in nature. In my promotion of your sessions, I referred to you and the content as "**inspirational and entertaining**". **You certainly met those expectations with high honours.** It was a great feeling for our Wellness Committee to get recognition of a job well done in terms of bringing in a great motivational speaker such as you. You managed to capture the essence of what we are trying to instill with all our employees in terms of wellness. Thank you for your delightful, **educational**, and motivating sessions. We hope to bring you back in the future."

– Kelly Howey, Health Promotion Consultant  
Employee Services,  
Corporate Services Department  
City of Saskatoon

"Your two presentations on stress were **outstanding and extremely well received.** We were very impressed with your presentation skills, energy and use of humour to get your message across.

You will find enclosed a copy of the summary of evaluations that the attendees filled out. This feedback confirmed for us that **your presentations were enjoyed by all** and that people were able to take away useful information. As you read through the summary you will find that people want to hear more from you. Keeping this in mind, I hope we can work together again in the very near future."

– T. MacDonald,  
Occupational Health Specialist  
Alberta Envirofuels Inc.