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This Isn't Your Mama's Stress Management!

***What does dessert and Elvis Presley have to do with stress management?
Everything!***

Business professionals across the country have recognized that workplace wellbeing and mental health are top priorities for successful organizations— And let's face it...That is Stressful!

Everyone faces stress. It's a fact of life. What you do with it makes the difference between enjoying your life or resenting it, between being challenged or being overwhelmed. The demands and the pace of our busy lives pressure us all. Some master it and some do not. The trick is to take back control!

In this dynamic, unconventional, and entertaining session, Julie will address the subject of stress from a refreshing common-sense point of view. She is not going to tell you to do yoga or take a deep breath, you already know that! Julie will give you a whole new way to manage the stress we ALL deal with on a daily basis. And the audience will laugh – a lot– while they learn! The audience will learn how to function *with* stress, as well as how to reduce it. Julie will combine her stand up level comedy with real world strategies that will create a keynote that will have your audience talking for years to come!

Some of what the participants will learn:

How to identify the “good” stress and “bad” stress

Understanding our optimal stress

The answer to two key questions to manage any stressful situation

Have a guaranteed, surefire way to turn your love of dessert and the King of Rock and Roll into a practical, real-world way to control your stress!

“Your presentation was FANTASTIC! IT was informative, necessary, and captivating! It was impactful and funny!”

Amy Justin, Tonti Properties

