

# **Are You Handling Work and Life Stress?**

Learn New Wellness, and Stress Control Skills in This Powerful Program

## **Stop Stress And Banish Burnout For Sustainable Self-Renewal™ Stress To Success Mental Toughness and Resilience Strategies**

Superstar performers know one thing. How you handle stress either makes you or breaks you. Your attitude, energy, resilience after set-backs and ability to de-stress and stay centered sets you apart at the end of the day. Your ability to find calmness and focus under the pace and weight of the relentless monumental change and stress in today's world is essential.

**Stop Stress And Banish Burnout For Sustainable Self-Renewal™** is a program with rich, proven, high-level customized stress control content that delivers a “whole person experience”. Participants actually “try on” many stress solutions and they leave with new feelings of well-being and stress mastery.

This is a program for busy people who don't have time to have a bad day. Stress management thought leader Bill Cole teaches you immediately effective personal stress management strategies just as he has for corporations, professionals, state associations, top US collegiate athletic programs, and for international world-class pro athletes. You will leave his program with a new stress-free awareness level and the technical know-how to recreate these wonderful feelings of well-being at will.

You will transform your stress into peak performance by using self-regulation mind-body techniques that will leave you feeling much more in control of your life. You will feel revitalized, mentally focused, calmer and more energized. Here are more powerful benefits you'll receive from this fascinating and practical program. You will:

- **Reduce the ill effects of stress and how to create a game plan to maintain wellness.**
- **Learn your stress triggers and how to short-circuit them before they can harm you.**
- **Experience simple stress control techniques that engage your heart and mind.**
- **Learn the science of stress resilience and build mental toughness.**
- **Get off the stress track while you stay on the fast track of life.**

Available as a breakfast, luncheon or dinner keynote speech, or as a half-day or full day interactive workshop, **Stop Stress And Banish Burnout For Sustainable Self-Renewal™** can be customized for your group's needs. Organizations can use this program in brownbags, breakouts, retreats, sales meetings, resort incentive programs, and more. Audiences rate this program very highly.

**Your stress management guide is Bill Cole, MS, MA, America's Mental Game Coach** - Bill is a leading expert in the world of peak performance. He has been a professional coach for over 30 years, including corporate America, big-time college athletics and major-league pro sports. He's a published book author with over 300 published articles worldwide to his credit.

Ask about these other winning programs: **The Mental Game of Customer Service, Winning the Mental Game of Team Building, Winning the Mental Game of Golf, The Mental Game of Speaking, Winning the Mental Game of Life, The Mental Game of Selling, Influencing Skills For Leaders and Coaching For Communication Excellence.**

To book this program, or for more information, please contact us today.

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