

# Victory Performance Consulting

Helping good people change the world.



## DESTRESSING YOUR LIFE

### *How to Conquer Chaos & Cultivate Contentment*

There is a stress epidemic in our society, and it is literally killing us. Working too much, sleeping too little, getting easily offended, and being chronically worried is negatively affecting our physical, mental, emotional, spiritual, and relational wellbeing. The good news is that by identifying and addressing the distortional thoughts, habits, expectations, stories, and emotions that cause stress, we can add life to our years and years to our lives. In this program, you will discover where stress comes from and how to eliminate much of it from your life. Want to de-stress your life? This program will show you how!

### **Format and Duration:**

- Online (worldwide) or onsite (Americas, Europe, Asia); 4 hours

### **Learning Objectives:**

- Identify distortional thought patterns and habits that cause stress.
- Reframe, restructure, and replace negative thoughts and stories.
- Recalibrate expectations that cause disappointment, frustration, and anger.
- Eliminate unhealthy stress and have a healthier, happier, and longer life!

### **Leadership Competencies:**

- Emotional and social intelligence
- Physical, mental, emotional, spiritual, and relational wellbeing

### **Fields of Study:**

- Personal / professional development
- Social environment of business