



CALIFORNIA JPIA WORKSHOP DESCRIPTION

In this workshop, participants will gain an understanding of the impact of stress in the workplace, recognize the physiological and psychological effects of stress, and learn effective techniques to reduce stress that may eliminate excessive absenteeism and costly workers' compensation claims.

THE FOLLOWING TOPICS WILL BE COVERED

- Defining stress
- “Good” stress vs. “Bad” stress
- Understanding the impact of stress in the workplace
- Health and well-being & • Exercise and diet
- The short and long-term effects of stress
- Managing stress effectively
- Recognizing our strengths and challenges
- Time management
- Social support and lifestyle
- Relaxation techniques

WHO SHOULD ATTEND

All employees

PRESENTED BY

Steven Albrecht, Albrecht Training and Development

Steven Albrecht is the managing partner for Albrecht Training and Development, a San Diego-based training, coaching, and management consulting firm. He is internationally known for his work in high-risk employee behavioral issues, workplace security concerns, and the prevention of occupational violence. Dr. Albrecht holds a bachelor's degree in English from the University of San Diego, a master's degree in Security Management from Webster University, and a doctoral degree in Business Administration (D.B.A.) from California Coast University. He has been a trainer for over 17 years and is certified as a Professional in Human Resources (PHR) by the Society for Human Resource Management; a Certified Protection Professional (CPP); and a Board Certified Expert in Traumatic Stress (BCETS). He is board-certified as a Certified Hypnotherapist and has received over 48 hours training in Critical Incident Stress Debriefing (CISD).

Please register for one of the following:

Wednesday, July 23, 2008 | 8:00 AM - 12:00 PM
Location: Fountain Valley - City Hall | 10200 Slater Avenue

Wednesday, July 23, 2008 | 1:00 PM - 5:00 PM
Location: Fountain Valley - City Hall | 10200 Slater Avenue