

PAMELA JETT

Stress Less

Stress is a silent killer. It has a profoundly negative effect on our health, both mentally and physically. And at the same time, we live in a world filled with potentially stressful situations and people. What are the warning signs? How can you take charge of stress and minimize its effects? In this practical program, you'll discover 12 specific stress-busters to help relieve the pressure, both internally and externally. You'll learn how to say "no" to the things that don't serve your most important goals, you'll discover a method for lowering the mental impact of stress, you'll pick up ideas for prioritizing your time and tasks, and much more.

As an internationally recognized communication skills expert, stress management speaker and author, Pamela Jett knows what she's talking about. Having graduated from San Diego State University with a degree in Speech Communication and being recognized as one of the top 20 speech and debate competitors in the country, Pamela went on to earn her Master's degree in Communication. Today, Pamela Jett travels the globe, conducting training programs for organizations and associations in a broad range of industries. Her rapid-fire delivery, contagious energy, and solid content will keep you captivated from beginning to end.

12 Stress-Busters for Living a More Balanced Life



Pamela Jett
