

Stress Defense

Combat Tips to Help You Move from Stress to Success

The Canadian Policy Research Networks estimates that stress-related absences cost Canadian employers about \$3.5 billion each year. High stress in workers leads to a litany of workplace challenges including increased absenteeism, health claims, short and long-term disability and workplace accidents.

To make matters worse, chronic stress is linked to the six leading causes of death, and more than 75 percent of all physician office visits begin with stress-related ailments and complaints. It seems that stress left unchecked is a statistical dead end, but with the right information and a bit of focused action, you can fight back.

Join Michelle Cederberg as she presents her viewpoints on the physical impact of stress on the body and mind, why it's a bigger problem than many think it is, and what you can do to move from stress to success. **This session will help you:**

- Understand the physical impact that stress has on your body, mind and long-term health, and learn how to recognize the subtle (and not so subtle) signs of increasing stress.
- Learn the difference between acute and chronic stress, and the surprising (and simple) tactic that will help you avoid chronic stress.
- Discover how stress affects your day-to-day brain-power and productivity, plus learn ways to stay focused and alert.
- Find ways to prioritize the essential stress management practices of exercise, healthy-eating, and sleep - even with a busy schedule.

Stress may be an inevitable part of life but fighting back is up to you! This session will provide big ideas for small steps toward improved stress management and health.

Michelle Cederberg

speaker • coach • consultant



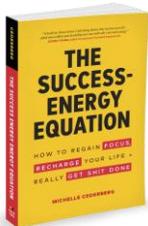
For over 17 years, Certified Speaking Professional Michelle Cederberg has captivated audiences across North America with her empowering and humorous messages about how to set worthwhile goals, get energized for success, and live a bigger life.

An in-demand speaker, author, coach and consultant, she believes that personal and professional success is directly influenced by how well we harness the physical, mental and emotional capacity we each have within us. She helps people boost that capacity, so they gain clarity, build confidence, and get the discipline to create the life and career they want.

She holds a Masters in Kinesiology, a BA in Psychology, a specialization in Health and Exercise Psychology, is a Certified Exercise Physiologist, a Certified Professional Co-Active Life Coach, and an ORSC-Trained Team Coach. She truly combines mind, body and practicality to empower change.

Michelle is the author of three books. Her new book *The Success-Energy Equation*, debuted as a bestseller in October 2020.

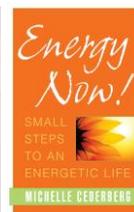
Michelle's Books



NEW BOOK ALERT

The Success-Energy Equation: How to Regain Focus, Recharge Your Life, and Really Get Shit Done

successenergybook.com



Michelle's **GOT TO IT Journal**, and **Energy Now!** are both available at Michelle's sessions or on-line at:

michellecederberg.com

To learn about coaching, read Michelle's blog, or book her to speak visit michellecederberg.com

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