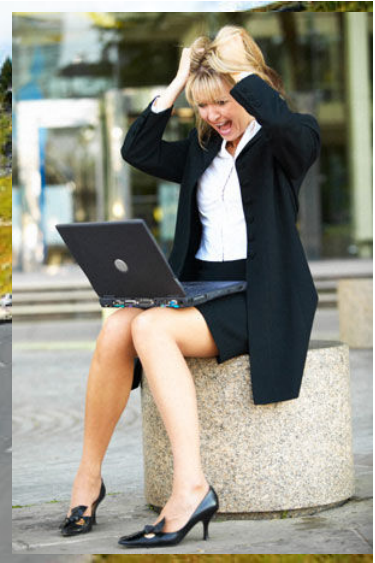


Finally!

A half-day stress management workshop designed to help you create a stress-reducing implementation plan!

Taking the Road



WHO SHOULD ATTEND?

Clinical Educators, Insurance Agents and Adjusters, Real Estate Agents and anyone else who wishes to create a less-stressed life.

Participants will . . .

- Determine their major stress areas
- Define solutions
- Create a stress-reducing implementation plan

This presentation contains many of the elements of Kay's humorous keynote as well as the "nuts and bolts" of stress management so that participants can learn to better handle life's daily stressors, both large and small.

This program has qualified for medical CEU's.

Less Stressed!!

In our frenzied world, we need to be reminded of the importance of keeping our sense of humor (yes, it's okay to laugh!) as well as the benefits of a positive attitude and the importance of managing our stress. Kay Frances does this in a way that is hilarious, effective and second to none! Want more content? Kay's workshops and breakouts delve more deeply into the nuts and bolts of stress management. These presentations are still fun and lively with the added benefit of having participants understand stress, work to identify their own stress factors, and develop an ACTION PLAN for better managing their stress.

EVENT INFO

Date: May 18, 2010

Time: 9:00am to 12:00pm

Location: Bronte' Bistro—Lexington Green
JoBeth Booksellers, Lexington, KY

Cost: \$77.00 (\$57 before April 18) \$97 at the door

Registration: www.TheSpeakerStudio.net/events

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AGENDA

I

- To explore why we are hesitant to laugh in this society.
- To explore the meaning and causes of stress and how it impacts our lives.
- To explore ways to manage stress.

II

- To understand the importance of life balance.
- To illustrate the concept of “laughing on the inside” for keeping ourselves balanced.
- To address unhealthy habits that block us from living our fullest lives.

III

- To define humor as an aid
- To explain the effects of chronic negativity
- To formulate an action plan

Kay Frances, MBA, known as **America’s Funniest Stress Management Specialist** has spread her message to “lighten up, stress less and take care our health” in 38 states and Canada for over two decades. Kay is a former professional stand up comedian, radio personality, Director of Marketing for a national restaurant chain and family caregiver.



REGISTRATION FORM

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Cancellation Policy: If you cannot attend, you may send a substitute or receive a credit memo toward a future workshop. If you cancel your registration up to five business days before the workshop, your registration will be refunded less a \$10 registration fee.