



## Thriving in a Stressful Workplace

### ONE-DAY WORKSHOP

**Tuesday, March 29, 2016 - 9 am – 4 pm**

**Sutherland Campus,  
Peterborough  
599 Brealey Drive**

**Fee: \$294.96**

Attend this workshop and learn how to reduce your stress, how to develop a positive attitude and how to deal with constantly changing information and challenges in today's fast-paced environment. Discover techniques that work to ensure good mental health and high-quality performance in your workplace.

### About the Presenter

**Colleen Carruthers**, B.Ed. (Adult Ed.), CTDP, PCC, CCMC, CHRM

Colleen is an experienced consultant and accomplished facilitator and executive and team coach. She works with senior executives and business owners to develop their leadership and coaching skills. Colleen has worked for more than 15 years in a variety of business sectors, including manufacturing, government, health care, retail, financial services and professional services. She is known for her ability to engage others in learning practices and change practices resulting in improved individual and organizational results. Additionally, she has provided one-to-one coaching services as part of many executive leadership programs. Before moving to Peterborough, Colleen held senior level management positions in marketing, sales, learning and development and human resources.

### What Will Participants Learn?

Participants will have an opportunity to:

- Review how stress affects your mind and body
- Identify your sources of stress and some coping strategies
- Practice how to 'stay in the moment' when in anxiety cause situations
- Explore your values and how they relate to your job satisfaction and ability to work 'in the moment'
- Explore how you spend your down time and how it relates to your ability to concentrate when necessary
- Complete a Personal-Symptom Inventory
- Create a personal development plan to improve your engagement and ability to focus
- Use a coaching methodology to work through problem solving and decision making situations
- Develop or expand your 'critical thinking' mindset
- Discover how you can change your framework from judger to learner and increase your life expectancy by up to 10 years
- Learn how to influencing others through positive communication techniques
- Use a problem-solving model and decision making tools to ensure efficient and effective choices

### WORKSHOP REGISTRATION

For more information or to register please contact:

**Karen Foster** 1-866-353-6464 x5221

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or visit [www.flemingcollege.ca/continuing-education/courses](http://www.flemingcollege.ca/continuing-education/courses)