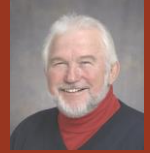


Coping with Stressful Situations



Emotional Intelligence (EI) Skills – Helping you deal better with stressors in your life.

Dave Neely will share his perspective on the roller coaster ride in today's environment. He will provide insights into how to become more resilient and stay positive.

Learning Outcomes – A 1 Day Workshop

4 signs of emotional distress.

Physical: Low energy, aches and pains, frequent illness

Emotional: Irritability, feeling overwhelmed, moodiness

Cognitive: Inability to concentrate, memory problems

Behavioral: Eating/sleeping issues, procrastination

Are any of these affecting you?

Dave will help you to develop 5 EI Competencies which will improve your ability to deal with stressful situations such as:

Dealing with Personal Mental or Physical Well-being

- Burnout
- Job insecurity
- Social isolation
- Health issues and more

Managing Anger

Dealing with Difficult People

- Aggressive or abusive behaviour by others

About the Facilitator

Dave Neely is a Kingston-based speaker and training consultant. You will enjoy his passion and practical insights into human behavior. He will share many experiences in dealing with life and his proven Emotional Intelligence strategies for staying positive no matter what life hands you. The session will leave you inspired and optimistic about your path forward.

Participant Comments from Similar Sessions

"Thanks for presenting a great and much needed webinar – it was well received" ORBA

"It left me with unforgettable messages. When I left the work-shop I felt different and was very uplifted" - OCA participant

"Dave's presentation gave us a message of hope" - PTSD Support Group

"Dave's coaching process provided a place for me to begin, I now see that I have options" – Nunavut manager

Who should attend?

Anyone dealing with stressors at work or home. It will help you create a more positive path forward.

Cost

Call for details

One day workshop

- Customized for you
- Includes individual assessment
- Sample: <https://neely-training.com/wp-content/uploads/2022/01/Dave-Neely-Behavioural-Intelligence.pdf>

Available Options

- > 1/1 Coaching
- > Relevant Keynotes
- The Power of Attitude & Gratitude
- Some People are Like Pop Cans

For More Info

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