



From Worrier to Warrior: The Decompression Session

“From Worrier to Warrior” is an interactive keynote address where troubling thought patterns are untangled and the spirit is pampered and rejuvenated. In a relaxed, engaging environment participants learn stress management tools that increase effectiveness and decrease burn-out.

Participants will:

- ❖ Create an honest stress inventory
- ❖ Define the difference between good and bad stress
- ❖ Practice a powerful, blood pressure lowering technique
- ❖ Gain perspective on situations that currently cause stress
- ❖ Learn the Visual Motor Rehearsal technique to quickly find calm at any time
- ❖ Set goals to make stress management a new, healthy habit

Jean has worked as a speaker and seminar leader for eight years. She has designed and taught stress management programs at Gensler Architecture and Design and at retreat centers across California. Her groups range from 5 to 250 people. She has had the opportunity to work and consult with the following industries: entertainment, technology, government, healthcare, recruiting, hospitality, education, financial services and real estate.

“From Worrier to Warrior” is available in 60, 90 and 120 minute formats. 1-day and 2-day seminars are also available.

“We appreciated, enjoyed and benefited from the ‘Decompression Session.’ With Jean’s help, the group was interested, open and engaged, and several remarked that they had breakthroughs.”

Marc R. Staenberg, Esq. – Executive Director/Beverly Hills Bar Association

“Jean is an exceptional instructor.”

Olga Copley – Administrative Assistant/Central District Health Department