

A One-Day Seminar

Stress Management for Women

Learn how to beat stress-caused tension, frustration, and fatigue — and change forever the way you manage your active, vigorous agenda!



Enroll Today!

www.careertrack.com or 1-800-556-3009

 CAREERTRACK®

14 Ways This Seminar Will Change Your Life!

1. Explore the link between procrastination and stress ... and stop procrastinating once and for all!
2. Have you lost your sense of humor? Learn a creative way to regain the joy and fun of living!
3. Take an enlightening self-test to identify your own personal stress triggers — once you know them, you can deactivate them!
4. Find realistic ways to close the gap stress puts between you and your family ... you and your friends ... you and your employer.
5. Beware of the disastrous “do-it-all” syndrome: Know whether you’re a victim — and, more important, how to escape!
6. Combat “brain cram”! Learn high-impact tactics to recapture your concentration and mental stamina!
7. Discover dynamic approaches that harness the power of stress and help you reach your peak performance.
8. Learn about a woman’s unique stress resistors — and how to use them to your greatest advantage.
9. Implement 6 clever ideas to control and redirect your anger in a positive, productive way!
10. Take decisive steps to ensure others don’t unload their problems on you.
11. Warning! Recognize the 10 signs that indicate serious stress levels — before it’s too late.
12. Identify and correct 6 not-so-obvious stresses you face — sneaky “hidden” stressors you may not even be aware of!
13. Achieve a real and satisfying balance of work, home, friends, and family — and enjoy a new enthusiasm in all of your relationships!
14. Start now to improve your physical stamina! Learn quick, easy solutions that improve your sleep, exercise, and nutrition routines.

* *“This seminar far exceeded my expectations! It gave me faith that it is achievable and I am stronger than I think.”*

DEBBIE WATERMAN, Occupational Therapy,
Jewish Home of Rochester

* *“The workshop opened my eyes and made me realize I am not alone. I feel better about myself just after this day.”*

KIM FIDELL, Fleet Administrator,
Eastman Kodak

* *“The best effective seminar I have attended; it was to the point and understandable.”*

KRISTA NEIL, Customer Service Representative,
Detection Systems

* *“Lots of practical issues and solutions, even though we all have different jobs and lifestyles. The presenter was dynamic and quite interesting.”*

MARIA SAWCZUK, Attorney, Celli and Leto

* *“The seminar was really ‘down to earth’ for today’s working woman. I enjoyed this very much and strongly recommend this for every woman that feels she needs an extra hour in any day.”*

BEVERLY ELROD-WILSON, Technical Assistant
Coordinator, Partners Resource Network



Guaranteed Results!

All of our seminars are **100% SATISFACTION GUARANTEED!** We're confident that this seminar will provide you with the tips and techniques you need to successfully manage stress. If for any reason you are dissatisfied, send us a letter (Attn: Customer Relations) within 30 days of your seminar attendance stating the reason you were not satisfied, and we'll arrange for you to attend another one of our seminars or receive a full refund — *hassle-free*.

HOW CAN I ... Stay calm and focused in the face of deadlines and emergencies ... when everything is RUSH and URGENT?

Sometimes you can't avoid high-pressure situations. However, you can greatly reduce the chance of overstress if you know a few ingenious, super-quick methods to keep tension and anxiety in check. Don't face another "pressure-cooker" situation without the fantastic on-the-spot techniques covered at this seminar!

Professional women everywhere have heard the symptoms described over and over again: anxiety ... fatigue ... tension ... emotional "outbursts" ... inability to relax. These are just a few of the outward signs of the crippling stress that affects so many successful, hard-driving women.

Demanding lives will never be totally without stress — and that's OK! In fact, experts agree that the right amount of stress can fuel your energy level, creativity, and productivity.

The trick is learning how to operate at your personal optimum stress level, while protecting yourself from dangerous overstress. This powerful seminar shows you exactly how to do that — achieve the way you want to and really enjoy your successes.

Attend this seminar, and you will learn proven strategies and tactics to ...

- * Attack stress at its source! Know the 7 major causes of stress and how to neutralize them.
- * Defeat workplace stress! Get hard-hitting tips to handle pressure, crises, problem-solving, and decision-making with ease!
- * Rebuild and renew creativity, confidence, and enthusiasm!
- * Protect your health and create a nutrition, exercise, and sleep routine that works for you.
- * Balance your numerous commitments, without the conflicts! Learn 3 powerful steps that make it possible.
- * And much more!

Clear your calendar now for a truly important date! It's easy to register — just visit our Web site at **www.careertrack.com** or call toll-free **1-800-556-3009**. See you at this exceptional seminar!

HOW CAN I ... Control the demands, pressures, and problems that other people place on me?

Just say "no"! Whether it's your coworkers, your boss, your spouse, or children, you'll learn how to gently (but firmly!) encourage others to solve their own problems. You'll discover dozens of super-effective tips to eliminate the stress that other people cause you!

On-Site Training Solutions



Get the Results You're Looking For!

Bring our powerful, high-impact training programs to your organization and show your employees that you're serious about their professional growth and achieving critical organizational goals and objectives.

Choose From Over 150 Courses!

From management development to customer service, our comprehensive library of courses provides a learning experience that is engaging, interesting, and intriguing!

Tailor the Training to Meet Your Specific Needs!

We'll help you choose the appropriate courses for your organization and tailor each one to address your specific goals, issues, and scheduling concerns.

Maximize Your Training Budget!

On-Site Training allows you to train work groups, teams, and entire departments for less than the cost of traditional public seminars or other training options.

Give your staff the skills, knowledge, and confidence they need to meet tough workplace challenges head-on, realize their full potential, and perform at their peak.

For a free consultation, visit us online at **www.careertrack.com** or call us at **1-800-944-8503** today!

Seminar Topics

9:00 A.M. TO 4:00 P.M.

Stress: Where It Comes From and How It Affects You.

- * The 5 most common causes of stress for working women, with realistic strategies for dealing with each.
- * “Hidden” stressors: You may not even be aware of these common situations and activities that trigger stress and anxiety!
- * What you can do to prevent “burnout.” Learn the stages and symptoms of chronic stress, and the hard-hitting counterattacks for each stage.
- * “Success Stress” — how to fight this damaging form of stress that strikes the most talented, high-achieving women.
- * Why you may be demanding too much from yourself. Discover innovative methods to manage 10 “self-induced” stress triggers.

Stress and Working Women: What Every Professional Woman Should Know.

- * “Perfectionism” and “superachievement” — how to pinpoint and overcome these dangerous, high-stress personality tendencies without sacrificing productivity.
- * Techniques for handling pressure and crisis without losing your cool!
- * New stress-reducing people skills — how to banish the stress that others cause you in the workplace ... at home ... anywhere!
- * A step-by-step process to get others to solve their own problems ... instead of bringing them to you!
- * Your own personal “Stress Tolerance Level” — and effective new ways to “stay within bounds.”

Stress “Recovery”: Ways to Rebuild Your Energy, Enthusiasm, and Confidence.

- * Danger signals! 8 telltale signs that stress is seriously affecting your energy and performance.
- * How to stay balanced during intense, high-pressure situations.
- * The daily juggling act — how to manage multiple roles (professional, spouse, and mother) while maintaining a sense of satisfaction and self.
- * In search of “lost” creativity: Reduce the tensions and stresses that inhibit your natural creative energies.
- * How to conquer deadlines and other time pressures — you’ll control the stress and still consistently succeed!
- * Cool and confident! Project the image ... and really feel it!

The Health-Stress Connection: How to Take Better Care of Yourself.

- * Ways to protect your health: how to self-treat and eliminate the physical symptoms of stress and burnout.
- * Surprising diet and nutrition tips that make it easy to break out of the “fast food” rut.

HOW CAN I ... Take the heat off myself without lowering my standards?

You’re proud of the good job you do, but you want to accomplish and succeed without putting yourself on a one-way street to burnout. You’ll find out if “superachievement” and “perfectionism” have become weaknesses instead of strengths. You’ll discover why success is one of the biggest stressors of all! Most important, you’ll learn how to reduce the stress and still perform at your peak!

HOW CAN I ... Stop my career from overrunning my personal life (and vice versa)?

Balancing your work and personal life is easier said than done — and stress is the primary reason. You’ll find out how to work at your peak, really relax and enjoy your leisure time, and avoid the work and home conflicts that cause guilt and emotional upheaval.



Still not sure this seminar is for you?

Take this simple test to determine your stress level:

Stress Control: Guidelines for Maintaining a Balanced Lifestyle.

- * A super-effective stress-buster! This 1-minute stress-reduction technique can be used anywhere, any time!
- * How to really relax! Get the most out of your leisure time — and get more of it!
- * 3 easy ways to conquer everyday hassles and tensions that add to your stress burden.
- * Smart efficiency tips that ensure you'll get the maximum results for your efforts.
- * The "Fatigue Cycle": Regain your strength with real-life ways to overcome low energy and weariness.
- * When, and how, to leave work at the office!

Stress Management: Effective Practices That Allow You to Unwind and Renew Yourself.

- * Long-term and short-term stress — why it's critical to be able to tell the difference.
- * The successful working woman's stress-management secret: how to harness stress as an energy gainer ... instead of an energy drainer.

HOW CAN I ... Know how much stress is healthy (or unhealthy) for ME? How much is TOO much?

Surprisingly, the *right* amount of stress can *help* you achieve and succeed. The key is knowing how much is right for *you*. Score yourself on the "Stress Tolerance Level Test" (at right) to determine your optimum personal stress level. You'll learn how to consistently operate in your individual "stress range" and prevent most problems before they can start!

	A Problem for Me	Not a Problem for Me
1. Procrastination	<input type="checkbox"/>	<input type="checkbox"/>
2. Misplaced items	<input type="checkbox"/>	<input type="checkbox"/>
3. Interruptions	<input type="checkbox"/>	<input type="checkbox"/>
4. Inability to say "no"	<input type="checkbox"/>	<input type="checkbox"/>
5. Unrealistic time frames	<input type="checkbox"/>	<input type="checkbox"/>
6. Perfectionism	<input type="checkbox"/>	<input type="checkbox"/>
7. Fatigue and exhaustion	<input type="checkbox"/>	<input type="checkbox"/>
8. Decreased stamina	<input type="checkbox"/>	<input type="checkbox"/>
9. Lack of creativity	<input type="checkbox"/>	<input type="checkbox"/>
10. Inflexibility	<input type="checkbox"/>	<input type="checkbox"/>
11. Poor recall and memory	<input type="checkbox"/>	<input type="checkbox"/>
12. Not enough social time	<input type="checkbox"/>	<input type="checkbox"/>
13. Inability to relax	<input type="checkbox"/>	<input type="checkbox"/>
14. Reluctance to delegate	<input type="checkbox"/>	<input type="checkbox"/>
15. Rushed or skipped meals	<input type="checkbox"/>	<input type="checkbox"/>
16. Frequent lateness	<input type="checkbox"/>	<input type="checkbox"/>
17. Difficulty listening	<input type="checkbox"/>	<input type="checkbox"/>
18. Little or no exercise	<input type="checkbox"/>	<input type="checkbox"/>
19. Conflicting demands	<input type="checkbox"/>	<input type="checkbox"/>
20. Too few rewards	<input type="checkbox"/>	<input type="checkbox"/>

SCORING: Count the number of responses in the first column. If you scored:

10 or more: Stress in your life is reaching dangerous levels! Enroll today to curtail a critical situation.

5 to 10: You are dealing with a difficult, demanding lifestyle, and stress is a bigger problem than you may think. Enroll today to prevent an unmanageable situation from developing.

Less than 5: This seminar will help you continue to keep stress "in check" and become even more energetic, productive, and accomplished.

Why This Seminar Will Work For You:

- * You'll learn practical, nuts-and-bolts information — not obscure theories that dissolve in real-life settings. This seminar will present you with easy-to-adapt tips and strategies that you can put to work right now. You'll focus on step-by-step techniques that help you defeat stress and regain your confidence, stamina, and self-control.
- * You'll gain a new perspective on your job, your career, and your goals. In this seminar, you can take a new look at yourself, your lifestyle, and what you want to attain. You'll get the perspective that is so difficult to gain in your day-to-day, hurry-up routine, but so vital to your success.
- * You'll meet other professional women who share your ambitions, challenges, and problems, in an easy-to-talk network setting. You'll expand your circle of contacts outside of your organization and your industry in a relaxed and fun atmosphere — contacts who can continue to help and support you long after the seminar ends.

Stress Management
for Women

Enroll Today!

Meet 3 of Our Expert Trainers. One of Them Might Lead Your Seminar:

Sharon Baker

Combining a wealth of practical knowledge with expert problem-solving skills, Sharon Baker is repeatedly praised as a creative, dynamic trainer. As your seminar leader, she brings more than just experience — she brings expertise. That expertise lies in areas ranging from management and sales to communication and telephone skills.

Sharon has been instrumental in the success of various organizations throughout her career, having earned high-profile positions in the areas of training and marketing, public relations, and employee development. Her distinctive style of delivery combines visual aids and audience participation, and her winning attitude motivates participants and guides them to become more effective and productive professionally ... and personally.

Gerry Grinold

Gerry Grinold brings to her seminars a successful background in sales, management, and communication that spans more than 20 years. Gerry is adept at developing sales skills in others and showing them how to build winning teams and maintain successful organizations. Her amazing, high-energy approach and her special insight into the challenging, exciting world of today's career woman make any seminar she leads a truly unique experience.

Cynthia Kowalski

Cynthia Kowalski's audiences gain the real-world communication strategies she has perfected while climbing the ranks in corporate communications and training during the past 20 years. Companies nationwide have tapped into Cynthia's expertise for designing and producing multi-image shows and video presentations, developing communications materials, and coordinating business events.

She shares her knowledge in written and visual communications, advertising and marketing, and professional development.



REGISTRATION INFORMATION

Enroll Today! Hurry, our seats fill *fast*. Guarantee your enrollment and pay your enrollment fee today! A confirmation will be e-mailed, faxed, or mailed to you once your registration is completed. Please make your preference known at time of registration. **Payment is due before the program.**

Express Seminar Enrollment! Please be sure to provide us with your e-mail address or fax number and check the Express Seminar Enrollment box on the registration form. You will receive your e-mailed or faxed confirmation within 48 hours of our receiving your e-mailed, faxed, or mailed registration form.

PROGRAM SCHEDULE

Check-in: 8:30 a.m. – 9:00 a.m.

Program: 9:00 a.m. – 4:00 p.m.

CANCELLATIONS AND SUBSTITUTIONS

You may cancel your registration up to 10 business days before the program. Your registration fee will be refunded less a cancellation fee. If you need to cancel less than 10 business days prior to the program, you may 1) send a substitute from your organization or 2) transfer your registration fee to another program of your choice that is scheduled within 12 months of your original event. Please note that if you don't cancel and don't attend, you are still responsible for payment. Substitutions may be made at any time.

Please Note:

- ▶ We will e-mail, fax, or mail your confirmation to you once your registration is completed.
- ▶ You will be notified by e-mail, fax, and/or mail if any changes are made to your scheduled program (i.e., date, venue, city, or cancellation).
- ▶ Walk-in registrations will be accepted as space allows.
- ▶ Please, no audio or video recording. See your program leader for audio and video program availability.
- ▶ Lunch and parking expenses are not included.
- ▶ If using a purchase order, please attach it to a completed registration form and mail to us right away.
- ▶ You will receive an attractive take-home Certificate of Attendance at the end of the program — great for framing or including in your personnel file.
- ▶ Payment is due before the program.

TAX-EXEMPT ORGANIZATIONS

If you are tax-exempt, enter your tax-exempt number in Section 6 on the Registration Form. Please mail or fax a copy of your Tax-Exempt Certificate to us for payment processing. *Thank you.*

TAX DEDUCTION

If the purpose of attending a CareerTrack seminar is to help you maintain or improve skills relating to employment or business, expenses relating to the program may be tax-deductible according to I.R.C. Reg. 1.162-5. Please consult your tax adviser.

Copyright 2006

Register Today!



Call

1-800-556-3009



Fax

913-967-8847



Online

www.careertrack.com



Mail

CareerTrack

P.O. Box 219468

Kansas City, MO 64121-9468

1 **YES!** I want to take control of my life and reduce stress.

2 **IMPORTANT!** Please fill in VIP number as it appears on the address label.

ID#
910323

VIP _____

3 **ORGANIZATION INFORMATION**

Organization: _____

Address: _____

City: _____ St: _____ ZIP: _____

Tele: _____ Fax: _____

Approving Mgr's Name: Mr. _____
 Ms. _____

Job Title: _____

E-mail Address: _____ Business
 Home

4 **EXPRESS SEMINAR ENROLLMENT**

Please e-mail or fax my confirmation to me within 48 hours.

My e-mail address or fax number is: _____

5 **NAMES OF ATTENDEES** (Please list additional names on a separate sheet.)

#1 Attendee's Name

Ms. _____

Job Title _____ Event # _____

E-mail Address _____ Business
 Home

#2 Attendee's Name

Ms. _____

Job Title _____ Event # _____

E-mail Address _____ Business
 Home

#3 Attendee's Name

Ms. _____

Job Title _____ Event # _____

E-mail Address _____ Business
 Home

6 **METHOD OF PAYMENT** (Payment is due before the program.)
Our federal ID# is 43-1830400 (FEIN).

Please add applicable state and local tax to your payment for programs held in Hawaii (4.16%), South Dakota (5.84%), and West Virginia (6%).

Total amount due: \$ _____

Check # _____ (payable to **CareerTrack**) is enclosed.

Bill my organization. Attn: _____

Purchase order # _____ is enclosed.
(Attach purchase order to completed registration form.)

Charge to: AmEx Discover MC Visa

MO. _____ YR. _____
EXPIRATION DATE

CARD NUMBER

Card Holder's Name _____

Tax-Exempt # _____

Please attach a copy of your Tax-Exempt Certificate for payment processing.



Note: If you've already registered by phone, fax, or online, please do not return this form.

A One-Day Seminar

Stress Management for Women

Learn how to beat stress-caused tension, frustration, and fatigue — and change forever the way you manage your active, vigorous agenda!

Energize yourself and eliminate the fatigue and physical toll that stress causes you!

Manage your work and personal relationships better and get rid of the barrier that stress puts between you and your family, coworkers, and boss!

Solve problems and face challenges with renewed creativity and concentration!

Build a support system and network that guarantee pressure and stress won't overrun your ambitions and goals!

Achieve everything you want to, while operating within your personal "Stress Tolerance Zone"!

Succeed without sacrificing your enjoyment of life!

ENROLL TODAY!

Call
1-800-556-3009

Fax
913-967-8847

Online
www.careertrack.com

Mail
CareerTrack
P.O. Box 219468
Kansas City, MO
64121-9468



CAREERTRACK®

P.O. Box 219468
Kansas City, MO 64121-9468

a division of PARK University Enterprises, Inc.

www.careertrack.com

Let's avoid duplicate mailings.

If you receive duplicates of the same brochure with different VIP numbers, please send the labels to us at P.O. Box 413884, Kansas City, MO 64141-3884. Please indicate which label is correct, and we'll change our records for the very next update. You may receive some duplicates for a while. Thanks!

Attention: Mail Room Personnel (or Addressee) — Please Reroute if Necessary!



NONPROFIT ORG.
U.S. POSTAGE
PAID
Park University
Enterprises, Inc.

Time-sensitive material

YOUR VIP# IS: WINQ