



## STRESS MASTERY: HOW TO USE STRESS FOR SUCCESS

with Dr. Heidi Hanna

Complimentary to IMS Members (US) per person

VIRTUAL SESSION (1-HOUR)

# STRESS MASTERY: HOW TO USE STRESS FOR SUCCESS

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Neuroscience research demonstrates that our brain and nervous system can adapt in both positive and negative ways to stress. It's not the stress itself that causes the problem, but our response to it, that creates the positive or negative impact in our lives. In this engaging program, New York Times bestselling author Dr. Heidi Hanna will teach you how to respond to stress with a challenge versus threat mindset. Learn how to transform stress into a catalyst for positive change, growth and performance. Discover specific strategies for your daily routine and team rituals which will help you navigate stress more effectively.

Participants will:

- Recognize how stress impacts the mind and body, for better or worse
- Learn the difference between stressed and stressed out
- Understand how to shift from reacting to responding
- Explore various stress mindsets, and how they impact health and performance
- Create an individual and team action plan to navigate stress more effectively personally and professionally

## DR. HEIDI HANNA

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Dr. Heidi Hanna is the Chief Energy Officer of Synergy Brain Fitness, a company providing brain-based health and performance programs to individuals and organizations, an instructor at Harvard Extension, and a Fellow and Advisory Board Member for the American Institute of Stress. She is a New York Times bestselling author who has written seven books, including *The Sharp Solution*, *Stressaholic*, *Recharge* and *What's So Funny About Stress?*

Dr. Heidi has been featured at many global conferences including the Fortune Magazine Most Powerful Women in Business Summit, ESPN Leadership Summit and the Million Dollar Round Table. Her clients have included Google, Starbucks, Microsoft, Principal Insurance, Morgan Stanley, Ameriprise, and WD40 as well as the PGA Tour, and the National Football League. Dr. Heidi is also a Certified Humor Professional with the Association for Applied and Therapeutic Humor although she won't admit she's funny.

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