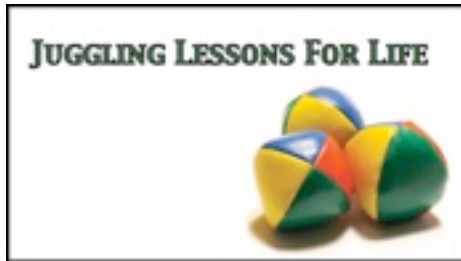




Working with busy people to improve heart health, so they can work well, feel better,

Program Description



Stress is universal. How well you manage stress impacts your health and your productivity.

Understanding how men and women manage stress differently, can make the difference between collaboration and conflict!

Juggling Lessons for Life is a humorous and information packed program illuminating how while men and women may juggle our many responsibilities differently, our health and productivity lies in our ability to juggle well. Using props and engaging stories to drive home her point, Eliz gets your audience up, on their feet and excited about setting priorities and making choices.

Eliz shares her experiences as a heart attack-survivor and a caregiver for her father and her father-in-law during their battles with cancer and strategies for daily stress management and for dealing with unexpected challenges.

Eliz tailors the program to fit your organization. Based on the needs of your group and the time allowed, Juggling Lessons for Life may include the opportunity for participants to:

- Analyze the impact of stress on health, productivity, and decision making.
- Utilize a quiz to evaluate stress management skills.
- Practice actionable strategies to maintain wellness.
- Learn five down-to-earth stress management techniques.
- Develop a plan to implement at least one strategy to reduce stress.