

Craig Nathanson, The Vocational Coach™ Workshop: How to defeat stress in life and at work



About Craig:

Craig Nathanson is The Vocational Coach™....**speaker, author, professor and coach for mid-life adults.** Craig is dedicated to **guiding individuals to discover and experience their vocational passions in mid-life,** while making an income doing what they love!

Craig offers private coaching via skype and webcam, phone, in the office, retreats, and workshops worldwide.

Craig also offers personalized outplacement services, helping participants find more passion, meaning, and fulfillment in their work, and a more natural alignment of their abilities and interests.

Craig is the author of the books, *How to find the RIGHT work during challenging times: A new approach to your work and life after 40* and *P is for Perfect: Your Perfect Vocational Day.*



You will learn:

- What causes stress
- How to defeat the stress when it comes
- The typical reactions to stress
- The relationship between the mind and body under stress
- Why stress makes us adopt a crisis mentality
- The three most important strategies for defeating stress
- How to develop resiliency that will help you defeat stress
- How aligning your plans and priorities help defeat stress
- When stress can be good
- How humor can defeat stress

Interactive, thought-provoking, and you can apply what you learn right away!

Contact:

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