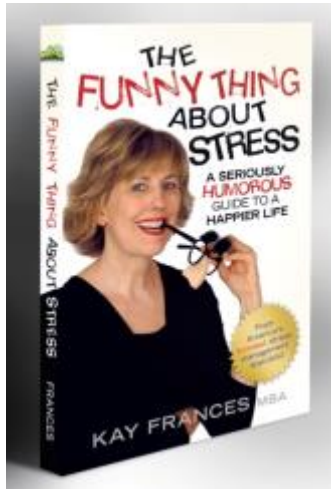


## Presentation Title: “Managing the Stress of CHANGE”

### PRESENTATION DESCRIPTION:



The only constant in the universe is change. The world is going to change with or without us, so we may as well enjoy the ride! Kay has discovered that people who learn to embrace change are happier, healthier and more productive.

Dealing with change is one of the biggest causes of stress. It's Kay Frances to the STRESS-cue!

She literally wrote the book on stress!

In our fast-paced lives, we need to remember the importance of looking at change as an adventure. In this fun, lively and interactive presentation, Kay will help you to understand and identify the things that stress you about dealing with change.

*“Regardless of the nature of the changes that we experience, it is not the CHANGES that are causing our stress. It’s the RESISTENCE to the changes. In fact, one of the very definitions of stress is resisting what IS.”*  
Kay Frances, MBA

Not only will you get solid information on managing change, but you’ll leave this session motivated, energized and ready to take on your challenges with renewed vigor.

Kay is never far from her roots as a professional standup comedian, so prepare to laugh while you learn without straining your brain!