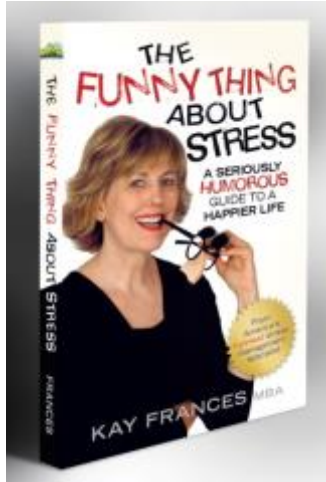


Presentation Title: “The Funny Thing about Stress”

Presentation Description:



We all know that we should manage our stress for peak performance in all areas of our lives, but we don't necessarily know why or how.

It's Kay Frances to the STRESS-cue!

She literally wrote the book on stress!

In this motivational and hilarious presentation, Kay offers a healthy dose of laughter that is just what the doctor ordered for your well-being! With this energetic, upbeat presentation, you'll laugh while you learn without straining your brain.

“The key to stress management is to minimize our concern and worry over things that are out of our control.”
Kay Frances, MBA

In our frenzied world, we need to be reminded of the importance of managing our stress, keeping a sense of humor and maintaining a positive attitude for peak performance and success in all areas of our lives. The so-called “little things” in life can become cumulative if we don't stop them in their tracks. We need to manage our stress before it manages us!