



AMY LENEKER

## STRESS LESS

Lead a more fulfilling and satisfying life at work and beyond.

**MONDAY**  
**June 24, 2019**

8:00 – 11:30 am

### COSTS

\$150 Early Bird by May 24

\$200 Government/Nonprofit

\$250 General Admission

### LOCATION

Lacey Community Center

6729 Pacific Ave SE

Olympia, WA 98503



EVENT SPONSOR

Register Online @  
[AmyLeneker.com/Events](http://AmyLeneker.com/Events)



## Stress Less: How to Minimize Stress and Maximize Potential

**LEARN** an easy and repeatable way to quickly assess your current stress level and help others to do the same.

**EXPLORE** the specific impacts that stress has on you and others around you.

**DESIGN** an individualized resilience plan to mitigate the impacts of stress.

*This is a great class for anyone interested in learning how to reduce workplace stress for themselves and others. It's also great for supervisors, managers and HR professionals who help others deal with stress in the workplace.*

### SAVE THE DATES FOR WORKSHOP SERIES

September 23 and December 16, 2019, March 23, 2020

New Workshop Topic Each Quarter.

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LEADERSHIP CONSULTANT

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