

Redefining Stress

Workshop for Faculty and Staff

Would you like to learn how to redefine stress and the impact it has on your life?

Are you ready to shift into a higher level of functioning?

What past participants have said about this program:

"I gained a lot of insight by learning new ways to understand stress and change the way I react to situations that arise."

"Your presentation is still resonating with me weeks after the session!"

"You reminded me that the amount of stress one has in any situation is ultimately how the individual goes about processing and reacting to that situation."

"Instead of stressing over situations, I learned how to take each day one at a time, embrace everything in it, and take every opportunity that will pull me toward my goal in life."

In this provocative and interactive session, we will explore our relationship with stress and discover new ways of dancing with it. Through a 'being' rather than 'doing' approach, we will get beneath the typical stress management techniques (e.g., yoga, meditation, breathwork), to uncover the root place where stress originates – in our language, emotions, and body. In expanding our 'frame of reference' we can co-create a more empowered response to stress and move from stress to ease.

Participants will learn:

- What stress is and uncover common misconceptions;
- Powerful shifts you can make in your language, body, and emotions to work with it more effectively; and
- Several practices to help you manage your stress in the workplace and in life.

About the Facilitator:

Jill Weinknecht Wardell is a UMBC Training and Development Specialist, a professional coach specializing in relationship and wellness coaching, and a practicing meditator in the Thich Nhat Hanh mindfulness tradition.

Jill is a graduate of Tai Sophia Institute's Master of Arts in Transformative Leadership and Social Change Program, where she currently serves as a faculty member and facilitator.

**Thursday
February 24, 2011**

9:00 am – 11:30 am

**University Center
Room 312**

Register on the web by February 16th at: www.umbc.edu/training/community

Spaces are limited and pre-registration is required.