



Topics: Seminars & Keynotes

Stress

- Workplace Stress: How It's Hammering Your Bottom Line **NEW!**
- Treating Workplace Stress: A Doctor's Prescription **NEW!**
- Stress Mastery
- Be Good to Yourself AND the Bottom Line
- Get a Grip: You Have More Control Than You Think
- Sleep & Productivity: It's Time to Wake Up
- Taking Care of the Caregiver
- The Stress of Success

Work Life Balance

- The Lifestyle Balancing Act
- Always Change a Losing Game
- Running on Empty: Manage Your Energy, Manage Your Stress

Change Mastery

- Staying Afloat When the Water Gets Rough
- Grace Under Pressure: Managing Yourself During Tough Times.

Workplace Stress: How It's Hammering Your Bottom Line

Designed For Top-Level Corporate Executives
Suitable for Keynote or Seminar

Today's corporate agendas are tied to the premise of more - more units sold, more clients seen, more billable hours. Everyone wants bigger profits and more growth. Unless you can measure it, it didn't really happen. No one has taken a hard look at what the quest for more has really done to the bottom line. Until now.

Join best selling author and renowned speaker on stress, David Posen MD, for an up-close and honest look at what's going on under the hood of corporate engines across North America.

Discover ...

- The misconceptions about productivity.
- The real business cost of workplace stress.
- The fallacy of face time and the futility of long hours.
- The myth of multi-tasking.
- Why a top-down approach can make a real difference.



“ David is truly professional, taking the time to research our company and the issues important to us.”

PriceWaterhouseCoopers

Treating Workplace Stress: A Doctor's Prescription

Designed For Middle Managers
Suitable for Keynote or Seminar

As the pace of work continues to increase, the economy sputters and jobs are in short supply, organizations and the people who run them keep ramping up the stress levels on their employees. Some workers wear their stress like a badge of honour; others resign themselves to what they see as the “new normal” and accept the situation as “the way it is”. The real truth is that workplaces are making people sick. Not enough people are talking about it, and when they do, no one is listening.

Join best selling author and renowned speaker on stress, David Posen MD, for a revealing look at workplace stress - what's causing it and what can cure it.

Discover ...

- The scope and cost of workplace stress.
- How the conspiracy of silence affects everyone.
- The misconceptions about productivity.
- The fallacy of face time and the futility of long hours.
- The myth of multi-tasking.
- Simple, yet enlightened strategies to fix the problem.

Stress Mastery

Suitable for Keynote or Seminar

Stress is a fact of life – but it doesn't have to be a way of life. Many people use the word without actually understanding what it means. In this clarifying and reassuring presentation, Dr. Posen demystifies the subject by explaining the fundamentals of stress theory without the jargon and then, most importantly, what to do about it. Filled with insights and “aha” moments, Doc Calm will make stress less intimidating and give you tips and techniques to master it.

Learn:

What stress is, how to recognize it and where it comes from.
 The simple PPP formula for taming stress in your life.
 Time management tips to help you control your day.
 How the way you think affects the way you feel.
 How simple lifestyle changes can profoundly improve your energy and your mood.

Be Good to Yourself AND The Bottom Line

Suitable for Keynote or Seminar

In today's dynamic work world, a staggering number of people choose to take care of business instead of taking care of themselves. Not only is it a bad personal decision, but in the end it's just as destructive for the business. The reality is that good health and self-care can not only co-exist with business success, but actually promote it. With a little persuasion and a touch of humour, Doc Calm will show you how to be good to yourself and improve the bottom line.

Learn To:

Discover five simple self-care strategies that leverage productivity.
 Understand the relationship between stress and performance.
 Discover a tool to monitor your stress and pace yourself.
 Marvel at some paradoxical truths, including when Less is More.

Get a Grip: You Have More Control Than You Think

Suitable for Keynote or Seminar

There are lots of things we don't control: the weather, the economy, government policy and other people's behavior. But there are others we do command: the way we behave, how we think and the lifestyle choices we make. The lesson? Take more control in those areas and good things will start to happen.

Join Dr David Posen for a thoroughly enjoyable yet informative session focused on enhancing your energy, building resilience and taking control of your life.

Learn:

How to deal with overload.
 How to change the way you feel by changing the way you think.
 A simple visual tool for monitoring stress and pacing yourself.
 Four simple lifestyle modifiers that will change your life.
 How you can choose what stresses you.

“The session was a great success. The group came away energized with a renewed sense of personal power.”

Scotiabank

Sleep & Productivity: It's Time To Wake Up!

Suitable for Keynote

We're a sleep-deprived society – and it's costing us! We're tired, cranky, less productive and more prone to accidents. How much sleep do we need? How do we know if we're getting enough? This session is for everyone who wants to find the answers. Combining science, humour and helpful tips, Doc Calm tackles this vital but often neglected subject.

Learn:

The five ways to identify if you're getting enough sleep.
 How sleep deprivation affects your body and mental function.
 To understand the five sleep stages and the importance of REM sleep.
 Why teenagers are walking zombies in the morning.
 The three ways to get more sleep and to pay off sleep debt.

Taking Care of the Caregiver

Suitable for Keynote or Seminar

People in the “helping professions” – nurses, doctors, the clergy, etc., - have always known that caregiving is draining, both physically and emotionally. But the same applies to people caring for elderly or ailing relatives or those with special needs. How can caregivers continue to give support if they're not paying attention to their own needs?

Designed to benefit both professionals and non-professionals alike, Dr Posen's presentation helps caregivers understand the importance of reducing stress, caring for personal needs and putting a little breathing room back into life.

Learn:

How to monitor your physical and emotional energy.
 How to pace yourself and know your limits.
 Why time-outs are so important and how to find diversion.
 How to avoid and deal with compassion fatigue.

The Stress of Success

Designed For Business Owners, Entrepreneurs and Professionals
Suitable for Keynote or Seminar

There's an old piece of wisdom that says, "Be careful what you wish for". For many people who have struggled to get ahead and find success, those words speak volumes. They've discovered that stress doesn't diminish with success – it simply changes. In fact, they just trade one set of problems for another.

Entrepreneurs, CEO's, new managers and every executive in between will know that Dr Posen speaks their language when they hear him talk. Join David for a thoughtful presentation that looks at how to manage your stress and your life once you reach the level of success you've been striving for.

Learn:

- How to deal with overload and complexity as success spins off new problems.
- How to protect your work time for the things that matter most.
- How to maintain your energy and enthusiasm.
- How to reap the rewards of your success: time, adventure, and giving back.

Work Life Balance

The Lifestyle Balancing Act

Suitable for Keynote or Seminar

With all the demands made on us by work, family and friends, finding a comfortable work-life balance can seem like a utopian dream. Take heart. Throughout this fully enjoyable and lively session Doc Calm has a trunk full of strategies to achieve it.

David Posen helps us to envision what a pleasing balance would look like and teaches us that our jobs are not our lives. It's all about balance – balancing time, energy and the way we look at ourselves.

Learn:

- To take a snapshot of where you are now with regard to work-life balance.
- The seven things that "tip us over" on the work-life balance scale.
- To identify ways to work smarter and fresher to reduce overtime hours.
- Seven ways to make time for leisure when there is no time for leisure.
- To discover "the other you".

Always Change a Losing Game

Suitable for Keynote or Seminar

Much of our overload is self-generated. We try to do too much, get too little sleep, use caffeine as fuel and overtax our schedules. These are all "losing games" and as we all know from the realm of sports, you should "Always Change a Losing Game."

Join Doc Calm for an entertaining, yet enlightening session that will change



the way you live. By taking a cue from the sports world, Dr Posen leads participants through a step-by-step process that will reveal new ways to improve work-life balance.

Learn:

- What your work-life balance looks like now - and how you'd like it to be.
- Five personality traits that lead to overload.
- How belief systems keep us on the overload treadmill.
- How to create a mind-set that leads to better balance.
- How to increase productivity and still have time for leisure.

Running on Empty. Manage Your Energy, Manage Your Stress

Suitable for Keynote or Seminar

Bank accounts work on a simple premise: you have to put money in before you can take money out. Our bodies are exactly the same. How can you draw on energy to combat stress, if there's nothing in the bank?

This could be the most revealing time you'll spend in years. Doc Calm explains how acute stress generates quick energy, yet chronic stress drains it. Using the players in the NHL as his examples, he demonstrates the link between increasing energy and reducing stress; and he does it all with rock-solid logic and a good dose of humour.

You'll Learn:

- What a healthy stress cycle looks like and how to use it to pace yourself.
- Why sleep is so crucial and how to get what you need.
- How sugar and caffeine can actually drain you of energy.
- Why exercise is an "energy factory."
- How to create a "flow state" for better psychic energy.

Change Mastery

Staying Afloat When The Water Gets Rough

Suitable for Keynote or Seminar

We're living in a time of unprecedented change. The abilities to be resilient and adaptable aren't just good traits – they're survival skills! But how do we meet the challenge and exemplify survival of the fittest?

Packed with action strategies, Dr. Posen's presentation addresses the three questions that open the door to mastering change: What will increase your comfort with change? What would make change easier for you? What tools will you need to be resilient?

Learn:

- The six ways to change your attitude about change.
 - Four ways to deal with "Long Distance Worrying".
 - To understand what adaptation energy is and how to generate it.
 - The 12 ingredients of Resilience and Change Mastery.
 - To understand the importance of balance and stability in times of change.
-

Learn:

- How to detect and monitor your stress levels.
- Why attitude is everything.
- To believe in your ability to handle stress during tough times.
- A repertoire of Resilience tips and strategies.
- The elements of self care and how to keep your balance.

Dr. Posen can customize a program that's just right for your group. Meeting planners love his creativity and enthusiasm. Bureaus know that when you send David to do the job, he's a speaker that clients will want to hire again and again.

CONTACT:

David B. Posen, M.D.
1235 Trafalgar Road, Suite 406
Oakville, Ontario, Canada L6H 3P1
Telephone: (905) 844-0744
Toll-free: 1-800-806-2307
E: david@davidposen.com

