

# ALL ABOARD THE DE-STRESS EXPRESS!



## Our Unique New STRESS REDUCTION WORKSHOP for Healthcare Professionals

The healthcare workplace is dynamic, fast-moving and often stressful. What can YOU do to prevent workplace “compassion fatigue” and address on-the-job stressors *as they occur*?

### IN THIS INFORMATIVE, FUN & EXPERIENTIAL WORKSHOP, YOU’LL LEARN:

- ❖ A combination of 8 effective StressTools™ for management of your physical, mental & emotional stressors
- ❖ How to customize these tools for *both* stress backload and in-the-moment situations
- ❖ How to reinforce daily use of your new tools and measure your ongoing stress reduction

### ABOUT COMPANION ARTS

Companion Arts, a national non-profit, has developed acclaimed integrative health programs for over 100 major healthcare organizations throughout the US. We are also well-known for our extraordinary audio resources for professional and family caregivers, including *Care For The Journey*, which has been called “a new stress reduction classic for healthcare professionals.”

### WHO SHOULD ATTEND

- Primary Care & Urgent Care Professionals
- Healthcare HR
- Team Leaders

### GENERAL INFO

Available nationally, *The De-Stress Express* is a half-day workshop conveniently scheduled at your location. Workshop rates vary with participants’ needs and workshop size. Contact us for info: 303-772-1464, [susan@companionarts.org](mailto:susan@companionarts.org), or find us on the web: [www.companionarts.org/workshops.html](http://www.companionarts.org/workshops.html)

### ABOUT ELIZABETH A. DENTON, Ph.D.

Developer and presenter of *The De-Stress Express*, Liz is a psychologist, executive coach, consultant, keynote speaker, author, and National Program Advisory Board Member for Companion Arts.



Labeled a “transformation midwife” by clients, Liz has developed and catalyzed performance improvement initiatives for healthcare organizations, Fortune 500 corporations and non-profits.

COMPLETE WORKSHOP INFORMATION: [www.companionarts.org/workshops.html](http://www.companionarts.org/workshops.html)

OR CONTACT SUSAN OSBORNE AT COMPANION ARTS, 303-772-1464 / [susan@companionarts.org](mailto:susan@companionarts.org)