Guest,

Welcome to:

How to Turn Fear and Stress into Strengths

Presented by
Lighthouse Consulting Services, LLC

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Featured Guest:
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Host:
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- In-depth Workstyle & Personality Assessments
- Interpersonal Coaching
- Workshops - Cracking The Personality Code
- Career Guidance
How fear & stress impacts the bottom line

- It weakens the immune system
- Causes people to miss work
- Creates tribal warfare within a company
Fight or flight syndrome

- Fear causes stress, which is natural
- Moves blood from the brain and organs
- Conscious narrows or shuts down
Most disease is caused by stress

- Experts say 95% of disease is caused by stress
- It is a natural reaction once in a while
- Constant stress is totally unnatural
What can we control?

- Only our selves, not others
- The environment we live in
- How we manage our state of mind
Attitude is everything

- Attitude or mood affects our perception
- Good moods: gratitude, love, joy, curiosity
- Bad moods: hate, anger, irritation, depression
What to do with fear and stress

- Realize stress is mostly self created
- Bad moods are constructed
- Good moods are a natural state
How to release stress

- Aerobics
- Meditation
- Humor

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Actions that lead to strength

- Let go of bad moods
- Practice finding good moods
- Know the difference ... practice
Thank you for attending
How to Turn Fear and Stress into Strengths

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'The Keys to Using Performance Incentives'.

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