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Consulting Services, LLC



*Bringing effective **insight**
to your organization SM*


Open Line

Guest,

Welcome to:

How to Turn Fear and Stress into Strengths

Presented by
Lighthouse Consulting Services, LLC

To print program slides, click here: 



Featured Guest:

Paul David Walker
Founder & CEO, Genius Stone Partners

Author of [Unleashing Genius](#)

Phone: 562-233-7861
Email: pauldavidwalker@geniusstone.com
Website: <http://www.geniusstone.com>

Host:

Dana Borowka, MA
CEO, Lighthouse Consulting Services, LLC
Author of [Cracking The Personality Code](#)

Phone: (310) 453-6556, ext. 403
Email: dana@lighthouseconsulting.com
Book: www.crackingthepersonalitycode.com



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3130 Wilshire Blvd. Suite 550
Santa Monica, CA 90403
T 310.453.6556
F 310.828.6987

reception@lighthouseconsulting.com

- In-depth Workstyle & Personality Assessments
- Interpersonal Coaching
- Workshops - Cracking The Personality Code
- Career Guidance



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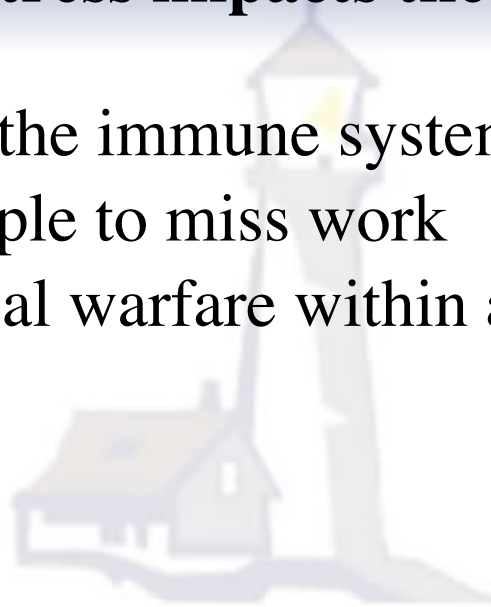


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How fear & stress impacts the bottom line

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



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Fight or flight syndrome

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

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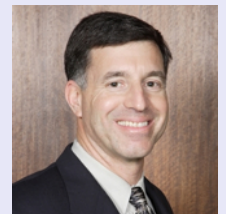
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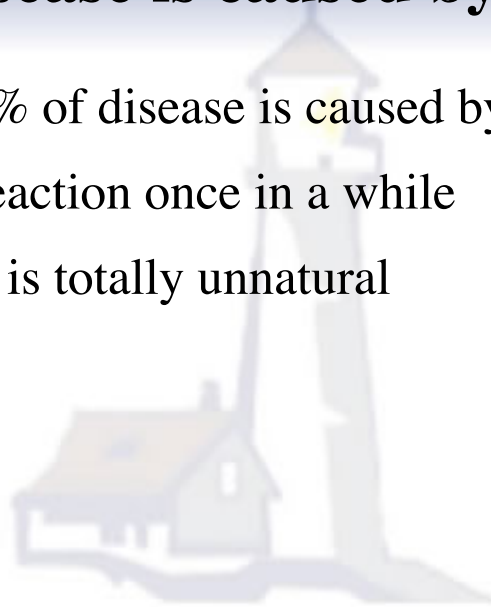


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Most disease is caused by stress

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



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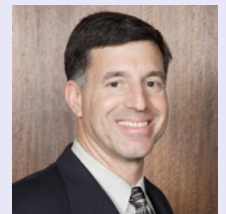
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What can we control?

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



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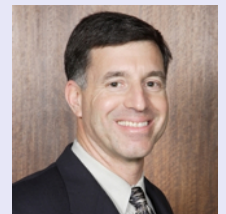
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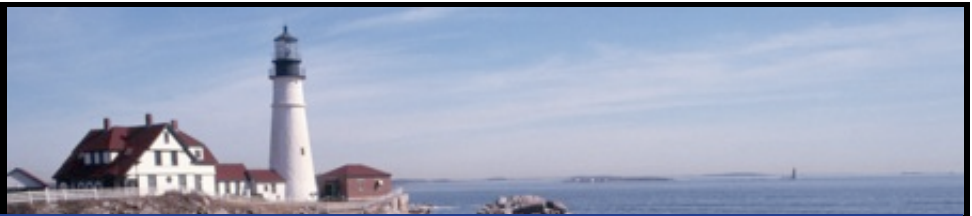
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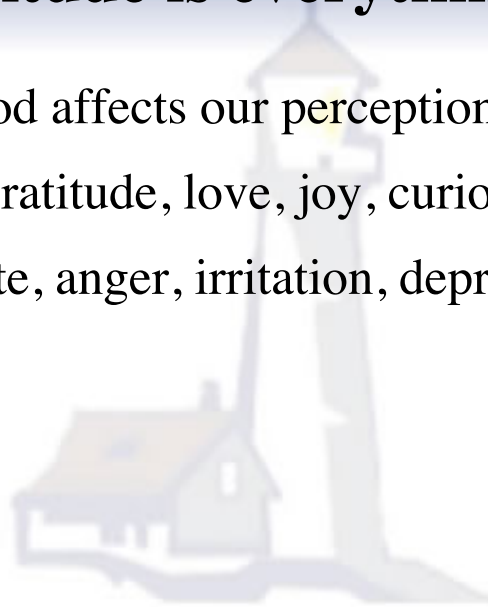


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Attitude is everything

- Attitude or mood affects our perception
- Good moods: gratitude, love, joy, curiosity
- Bad moods: hate, anger, irritation, depression



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What to do with fear and stress

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



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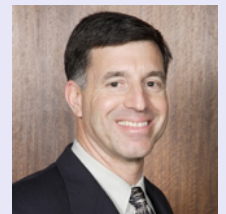
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How to release stress

- Aerobics
- Meditation
- Humor



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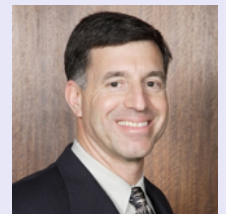
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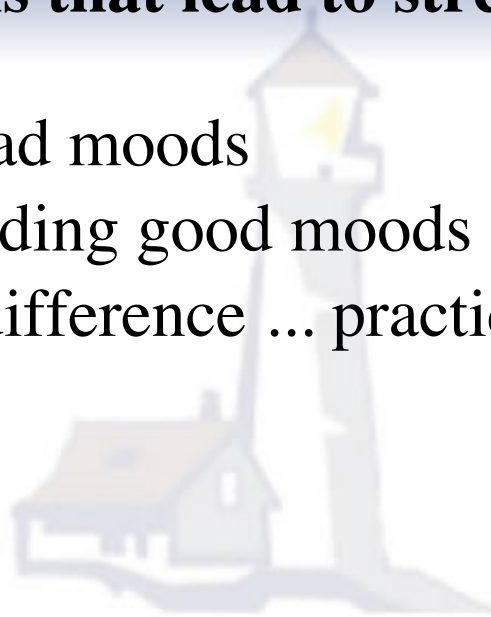


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Actions that lead to strength

- Let go of bad moods
- Practice finding good moods
- Know the difference ... practice



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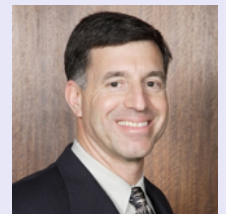
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