

U.S. Department of Energy - Oak Ridge Office
Training and Development Group
Training Course Bulletin

Course Name: EXECUTIVE LEARNING SERIES – STRESS MANAGEMENT SKILLS FOR LEADERS (Televideo)

Course Number: 001639

Session Number: 0015

To register: Access the TDG homepage and forward a completed electronic Training Request Form <http://www.ornl.gov/tdd/tddreq.htm>.

Description: This 2-hour presentation will be offered on **Thursday, March 10, 2011, from 1:00pm to 3:00pm (Eastern Time)** in the Forrestal Auditorium. Oak Ridge employees can participate in the televideo in **Building 2714, Room C-2.**

Difficulty sleeping? Short-tempered in traffic? Feeling tense and under pressure? You're not alone. The increasingly fast pace of life has taken another leap faster with our nearly constant contact with electronics. The human brain is struggling to keep up. The result? More than 50% of all adults have insomnia a few nights a week or more. Stress significantly increases cholesterol levels. Stress chemicals in the body trigger unhealthy eating and weight gain. Harvard researchers estimate that 60-90% of all medical visits are caused by stress.

This presentation will provide both physical and cognitive techniques to overcome the negative impacts of stress. We'll devote about 45 minutes to hands-on practice in a number of relaxation, breathing, and meditation techniques that are clinically proven to reduce stress. We'll learn how to relax the body at will, relieve physical tension, and relieve or eliminate pain. Other benefits: overcome insomnia, reduce blood pressure, and increase mental focus and clarity.

The remainder of the training will be cognitive skills for working with stress in the heat of battle, particularly in becoming more aware of negative stress responses, and how to consciously choose a different response. The goal: to help stop the stress response before it arises, and to find effective ways to release it, once present.

David and Karen Gamow are two of America's foremost corporate stress management and meditation trainers. Founders of Clarity Seminars, their clients include NASA, the U.S. Navy, the Social Security Administration, GE, Stanford School of Medicine, and the U.S. Army. Their training is an integral part of NASA's week-long Leadership Through Influence (LTI), the Social Security Administration's Leadership Symposium, and for GE Healthcare's Management Development training for fast-rising managers. Many participants in the Gamows' program have characterized it as life-changing.

The Gamows are co-authors of the book *Freedom From Stress: How to Take Control of Your Life* (Glenbridge Publishing). Their work has been featured in *Investor's Business Daily*, *San Jose Mercury News*, *Gannett News*, and on Fox-TV.

Audience: Senior Executives, Senior Leaders and GS-14 & 15 employees
Vendor: DOE-Headquarters
Presenter: David and Karen Gamow
Date(s): March 10, 2011
Time: 1:00pm – 3:00pm
Location: Oak Ridge, Federal Office Building, Room B023
Slots: 18
Cost: No cost

For additional information, call (865) 576-1082.

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