

# The Science of Effective and Practical Stress Management & Relief

By John Paul Walsh

The seminars I give help companies make more money by increasing the effectiveness and satisfaction of employees through training powerful methods for stress management and relaxation generation. Ineffective stress management costs money, whereas appropriate stress relief can lead to more profit.



Roughly 60 percent of lost work days in European businesses are as a result of stress. According to the World Health Organisation (WHO), an average of 30.4 days per person is lost every year due to burnout. And in an average year it's estimated that the EU loses € 22 billion due to stress. All this caused by a situation that could be managed by effective training.

Stress is a vicious circle, especially in the workplace where communication is so important. When a person is stressed, this leaks into their communication which then affects other employees and so on. This cycle continues until it is broken. Since so much stress in the workplace is caused by ineffective or reactive communication between employees, I also focus on effective interpersonal communication skills in my seminar.



Because the way companies are run is changing, managers have to increase the burden upon the employees, and therefore management teams all over the world are starting to train employees on how to deal with stress so they can handle the burden much easier. So not only do these companies avoid the loss of thousands of Euro per year, they also gain healthy employees who enjoy their work more, have a better office environment and reap monetary benefits from having highly motivated workers.



**When you book a seminar, each participant will learn how to find relief from stress and create a relaxation that is noticeable to others in how the person moves and looks healthier. You can hear the difference in how participants talk and what they talk about as they become more positively focused, and know that they feel more in touch with a natural sense of ease that allows people to enjoy both work and their private life.**

John Paul Walsh • Rosenheimerstr. 70 • 81669 München

[www.MetalInfluence.com](http://www.MetalInfluence.com) • Email: [info@MetalInfluence.com](mailto:info@MetalInfluence.com) • Tel: +49 (0) 89 97348092 • Mob: +49 (0) 163 9102022

## In the seminars I teach:

- What stress is and the science of how it affects us.
- How to create an **automatic** relaxation response to future stressful situations.
- The mind-body connection and how to use it effectively.
- How to get on with other people, and decrease reasons for interpersonal stress.
- The important difference between Distress and Eustress, and how to find a balance between them.
- Techniques for getting the employees to consistently use what they have learnt.
- Burnout, how to avoid it and how to find **relief** from it.
- Three **Instant** Relaxation techniques that can be used to relax in less than two minutes.
- Participants learn how to change the roots of stress rather than just changing the symptoms.
- The type of **mindset** that is essential for creating long term effective relaxation.
- Stress Relief and Relaxation creation techniques that can be used anywhere and without anybody knowing, such as in the office, elevator, or while walking.
- The connection between stress, relaxation and making good decisions.
- And more.....



Customers feel much better when they are dealing with people who are relaxed and feeling positive. Relaxed people work better and faster. They are more creative. They are healthier. They have better relationships with people at work and at home.

By studying people who can manage their stress and stay relaxed in potentially stressful situations, and through a lot of personal experience and practice, I've formulated a plan for a seminar that incorporates the most effective and practical techniques for stress management and relaxation generation.

Please feel free contact me for further information, prices and dates.

**John Paul Walsh** • Rosenheimerstr. 70 • 81669 München

[www.MetalInfluence.com](http://www.MetalInfluence.com) • Email: [info@MetalInfluence.com](mailto:info@MetalInfluence.com) • Tel: +49 (0) 89 97348092 • Mob: +49 (0) 163 9102022