

StressStop.com

Stress Management Training That Works
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PROGRAM TOPICS

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JIM PORTER



James E. Porter is president of StressStop.com. A company that has been providing stress management and resilience training and training materials to corporations, hospitals, government agencies and military bases for over 25 years. Mr. Porter is the author and creator of many of these materials which include dozens of workbooks, training videos, CD's hundreds of articles, and a weekly blog on stress management.

His work has been reviewed and/or reported on in major news outlets. These include Good Morning America, Ladies Home Journal, The Associated Press, WCBS-TV News and The NY Daily News as well as in medical journals including The Journal of Family Practice, The Journal of Cardiopulmonary Rehabilitation, and The Journal of Biomedical Communications. He has appeared on THE CBS MORNING NEWS and his articles on stress have been republished by Forbes, Medical Daily, Apple News, and Inc.

His book, STOP STRESS THIS MINUTE, published by WELCOA, has sold over 100,000 copies, including 6000 copies to the Mayo Clinic. It won the Silver Award from the National Health Information Awards. Mr. Porter's video programs have been used in thousands of hospitals nationwide, including The Mayo Clinic, The Cleveland Clinic and at the Mind/Body Clinic in Boston, Mass. His workbook, The Stress Profiler, has sold over 300,000 copies.

Mr. Porter has also presented stress management seminars onsite for The Smithsonian Air and Space Museum, Time, Inc and Blue Cross Blue Shield. And he has also presented to The Department of Homeland Security, The FBI, The CIA, The American Heart Association, Yale New Haven Hospital, and The International Stress Management Association. He has also been a keynote speaker and/or breakout presenter for WELCOA, WELLCOM, National Wellness, The NAVY, ARMY, including West Point, Fort Dix, Miramar and Camp Pendleton. He is a Fellow of The American Institute of Stress.

TOPIC 1

UNLOCKING INNER PEACE: A JOURNEY INTO MINDFULNESS

Join us for a transformative one-hour session as we delve into the art of mindfulness and discover the profound impact it can have on your well-being. In a world filled with constant distractions and stressors, cultivating mindfulness offers a powerful way to find balance, inner peace, and a deeper connection with the present moment.

PROGRAM HIGHLIGHTS

- 1. Introduction to Mindfulness:** Explore the fundamental principles of mindfulness and understand how it can enhance your employee's mental, emotional, and physical health.
- 2. Mindful Awareness Techniques:** Learn practical techniques to develop mindful awareness at home and at work. Discover how to engage your senses, focus on your breath, and anchor yourself in the present moment.
- 3. Managing Stress and Anxiety:** Gain insights into how mindfulness can be a powerful tool for managing stress and anxiety. Explore mindfulness-based stress reduction techniques that promote resilience and emotional well-being.
- 4. Cultivating Mindful Relationships:** Uncover the role of mindfulness in nurturing meaningful relationships both at home and at work. Discover how being fully present can enhance your communication, empathy, and connection with others.
- 5. Creating a Mindful Lifestyle:** Embrace mindfulness as a way of life. Explore strategies for integrating mindfulness into your routines, work, and decision-making processes, fostering a sustainable path to inner harmony.

Embark on this enriching journey with author, James Porter, who will lead you and your group through insightful discussions and experiential exercises. Whether you or your group are new to mindfulness or seeking to deepen your practice, this program offers a space to explore, learn, and embrace the transformative power of mindfulness. Join us to unlock a more conscious and fulfilling way of living.

MASTERING TIME MANAGEMENT: UNLEASH YOUR PRODUCTIVITY POTENTIAL

Elevate your productivity and regain control of your time with our dynamic one-hour webinar on Time Management. In a fast-paced world, effective time management is a skill that can empower you to achieve your goals while maintaining a healthy work-life balance. Join us as we explore strategies and insights to make the most of every moment.

PROGRAM HIGHLIGHTS

- 1. Understanding Time Management Principles:** Delve into the core principles of time management and discover how they can reshape you and your employees approach to tasks, goals, and daily activities.
- 2. Prioritization Techniques:** Learn essential techniques for setting priorities and organizing tasks. Gain the ability to identify what truly matters and allocate your time and energy accordingly.
- 3. Efficient Task Scheduling:** Explore methods to create realistic and effective schedules. From the Eisenhower Matrix to time blocking, uncover tools that enhance your efficiency and minimize procrastination.
- 4. Beating Procrastination:** Overcome the habit of procrastination by understanding its underlying causes. Acquire strategies to boost motivation, maintain focus, and consistently make progress.
- 5. Stress-Free Workload Management:** Discover how proper time management can significantly reduce stress. Learn to manage workloads, deadlines, and unexpected challenges with composure and confidence.

Led by author and time management expert, James Porter this program promises insightful discussions, real-life examples, and practical exercises to transform your relationship with time. Whether you're a student, professional, or someone seeking a more organized life, this webinar equips you with tools to thrive in any endeavor.

HARMONIZING LIFE AND WORK: THE WORK-LIFE BALANCE MASTERY PROGRAM

Discover the secrets to leading a fulfilling and balanced life with our comprehensive one-hour webinar on Work-Life Balance. In today's fast-paced world, finding equilibrium between your professional and personal spheres is essential for overall well-being. Join us as we explore strategies to prioritize self-care, maximize productivity, and cultivate a harmonious life.

PROGRAM HIGHLIGHTS

- 1. Unveiling Work-Life Balance Dynamics:** Gain insights into the interconnectedness of work and personal life. Understand how finding balance enhances not only your mental and physical health but also your performance and relationships.
- 2. Setting Boundaries and Saying No:** Learn the art of setting healthy boundaries to prevent burnout and overwhelm. Acquire the tools to confidently say no to excessive demands and create a more manageable workload.
- 3. Effective Time Allocation:** Discover techniques for optimizing your time in both professional and personal domains. Explore ways to allocate time efficiently, ensuring that neither aspect of your life overshadows the other.
- 4. Mindfulness in Daily Living:** Explore the role of mindfulness in achieving work-life balance. Learn to be present in each moment, whether at work or during leisure, fostering a deeper connection to your experiences.
- 5. Strategies for Sustainable Balance:** Acquire actionable strategies for maintaining work-life balance in the long run. From delegation to self-care rituals, uncover methods that empower you to lead a more fulfilling and purpose-driven life.

Led by stress management expert, and author of the book **STOP STRESS THIS MINUTE**, James Porter, this program combines practical guidance, real-world examples, and interactive exercises to help you achieve harmony in all aspects of your life. Whether you're navigating a demanding career, caring for a family, or seeking personal growth, this program equips you with the tools to thrive.

TOPIC 4

ELEVATE WORKPLACE SUCCESS: MASTERING COMMUNICATION SKILLS PROGRAM

Unlock the key to professional growth and collaboration with our transformative one-hour webinar on Developing Good Communication Skills in the Workplace. Effective communication lies at the heart of thriving in any professional setting, fostering strong relationships, and driving meaningful outcomes. Join us as we delve into strategies to enhance your communication prowess and excel in your career.

PROGRAM HIGHLIGHTS

- 1. Foundations of Effective Communication:** Explore the fundamental principles of communication and their impact on workplace dynamics. Learn how to convey your ideas with clarity, brevity, and resonance.
- 2. Active Listening Techniques:** Master the art of active listening, a cornerstone of effective communication. Gain insights into techniques that enhance comprehension, empathy, and the ability to address colleagues' needs.
- 3. Navigating Difficult Conversations:** Develop the confidence to navigate challenging discussions. Learn strategies to approach sensitive topics, resolve conflicts, and foster a collaborative and inclusive work environment.
- 4. Nonverbal Communication Mastery:** Discover the power of nonverbal cues in conveying messages. From body language to facial expressions, learn to align your nonverbal signals with your spoken words for enhanced impact.
- 5. Building a Communication Toolbox:** Acquire a versatile toolkit of communication skills, including persuasion, negotiation, and presentation techniques. Elevate your ability to influence decisions, collaborate effectively, and inspire your peers.

Led by author James Porter, this webinar combines practical insights, real-life scenarios, and interactive exercises to help you thrive in professional interactions. Whether you're a team member, manager, or aspiring leader, this program equips you with the skills to excel in a variety of workplace contexts.

EMPOWERMENT AMIDST PRESSURE: STRESS MANAGEMENT UNVEILED

Discover the path to resilience and well-being with our transformative one-hour Stress Management webinar. In a world brimming with demands and challenges, learning to effectively manage stress is essential for maintaining mental, emotional, and physical health. Join us as we delve into strategies that empower you to navigate stress and lead a more balanced life.

PROGRAM HIGHLIGHTS

- 1. Understanding Stress and Its Impact:** Explore the science behind stress and its effects on your mind and body. Gain insights into the different types of stress and their role in your overall well-being.
- 2. Stress Awareness and Emotional Regulation:** Learn to identify the signs of stress in yourself and others. Acquire techniques to regulate your emotions, enhance self-awareness, and foster a sense of inner calm.
- 3. Mindfulness-Based Stress Reduction:** Discover the power of mindfulness in managing stress. Learn mindfulness techniques that promote present-moment awareness, reduce rumination, and alleviate anxiety.
- 4. Effective Coping Strategies:** Explore a variety of coping mechanisms and stress-relief techniques. From physical activities to creative outlets, acquire tools that help you navigate challenges and maintain equilibrium.
- 5. Building Resilience:** Cultivate resilience by understanding how to bounce back from adversity. Learn to view setbacks as opportunities for growth, develop a positive mindset, and build a stronger foundation for facing future stressors.

Led by James Porter, author of the book **STOP STRESS THIS MINUTE** this program combines insightful discussions, practical exercises, and real-life scenarios to help you build a toolkit for managing stress. Whether you're a student, professional, or simply seeking to enhance your well-being, this program equips you with skills to thrive amidst pressure.