

**From:** Dr. Alex Garcia / Leadership Dynamics <alexgarcia@leadershipdynamicsllc.com>

**Subject:** Thriving Under Pressure - MANAGING EMOTIONS AND STRESS

**Reply:** alexgarcia@leadershipdynamicsllc.com



# Thriving Under Pressure

*MANAGING EMOTIONS AND STRESS*



## "How to stay composed, even when you feel overwhelmed"

All of us experience those moments on the job when unwanted emotions and stress intensify. You may get upset with colleagues who don't do their jobs. Or frustrated with bosses who gives you more work than you think you can handle. Or angry with yourself because you didn't stand up to a pushy co-worker. Emotions and stress like these are normal. It's what you do with them that can lead to problems at work and at home. Losing your temper, overreacting and getting stressed out can get in the way of positive relationships and profoundly affect your productivity and well-being. This exciting program will teach you an amazing, systematic process for developing "emotional self-control and stress reduction." You'll gain a tremendous amount of insight into disruptive emotions and impulses that make you feel out of control and helpless, and learn how to rein them in.

### What you will learn:

- How to modify your environmental comfort zones
- How to choose your respond to difficult situations and people
- Keep emotions and stress from damaging relationships
- How to behave positively when things don't go the way you expect
- The psychological foundation of habits and attitudes and how to change
- How to maintain emotions, clarity and reduced stress
- How to eliminate behaviors and habits that work against you
- How to face fears with renewed courage and confidence
- Learn to make better choices through self-discipline
- How to know when you are rubbing people the wrong way

**Of all the skills you bring to the workplace, none are as critical to your achievement as emotional self-control**

### Partial Client List

Department of Justice

Department of Defense

American Greetings

SSA

Federally Employed Women

DC Dept. of Transportation

Northrop Grumman

US Census Bureau

Lockheed Martin

U.S. Air Force Research Laboratory

How not to waste time with overreacting	Sara Lee
How to develop higher levels of self-esteem and self-confidence	
How to approach your projects with more motivation and mental clarity	Alstom Power
How to overcome feelings of inadequacy and inferiority	Bellevue Hospital
How to deal with people who don't do their part	University of Oklahoma
How to handle a boss who likes to yell at you	Kaiser Permanente
How to deal effectively with obnoxious behavior	NASA
How to get over the fear of taking risks	NSA
How to become more responsive and less reactive	NOAA
How to stay productive when you feel overwhelmed	BIG
	OPM

**INSTRUCTOR:**

**ALEX E. GARCIA, Ph.D.**, is a globally experienced leader, international speaker, performance improvement coach and trainer. He has worked with a diverse client base developed over 20 years including: The Department of Defense, Lockheed Martin, Kaiser Permanente, Federal Law Enforcement Training Center, Sara Lee Foods, Social Security Administration, NSA and American Greetings, to name a few. Dr. Garcia is also the Founder and CEO of Leadership Dynamics, a Consulting firm based in Columbus, Ohio. With a Ph.D. in Industrial Organizational / Behavioral Psychology, from Wright State University. Dr. Garcia has applied his education, expertise and experience to working with clients in the U.S., Canada, Europe, and Asia.

**Complete List of clients, training and speaking topics, and coaching services, video demo, testimonials, and references available at [www.leadershipdynamicsllc.com](http://www.leadershipdynamicsllc.com).**

**For information, please contact: Dr. Alex Garcia, 614.920.1323  
alexgarcia@leadershipdynamicsllc.com**

[Forward this email](#)



Try it FREE today.

This email was sent to alexgarcia@leadershipdynamicsllc.com by [alexgarcia@leadershipdynamicsllc.com](mailto:alexgarcia@leadershipdynamicsllc.com) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Leadership Dynamics | 127 Knights Bridge Dr. N. | Columbus | OH | 43147