
CHANGE AND STRESS AND DOING MORE WITH LESS

Whether you are facing change in your professional or personal life, you need to be equipped with the techniques to master change and minimize the damage of stress caused by change. With shrinking budgets, and the call to do more with less, it is critical to know how to stay calm and rational, even in a crisis, and get it done at crunch time.

HANDLING STRESSFUL SITUATIONS AND DIFFICULT DISCUSSIONS

When stakes are high, a true professional engages in dialogue that enables them to stay cool and collected. Demeanor, during life's most difficult and important conversations, determines the outcome of high-stakes situations. Relationships are not a luxury; they are a necessity. Maintaining our relationships requires managing our stress and helping others feel safe to be honest in our discussions.

STRESS MANAGEMENT: ARE YOU A BURNOUT?

Have you ever said that you feel burned out, well, maybe you are. When physical fatigue and psychological fatigue team up, they can create burnout. Burnout isn't something you recover from with some time off over the holidays or long weekends through the summer. If you truly become burned out, it may take years to recover.

STP: STRESS, TIME, AND PROCRASTINATION MANAGEMENT

When we are under stress it is hard to keep track of all of the things we are responsible for. Priorities, unreasonable deadlines, and others' mistakes, becomes overwhelming. Effective and efficient time management techniques become crucial. Nearly 40% of the stress we feel is caused by poor time management and procrastination is often the cause.

WORK AND LIFE BALANCE: BALANCING THE QUICKNESS, QUANTITY, AND QUALITY OF YOUR LIFE

In order to enjoy good health and feel a sense of well-being, you must have a good balance with professional productivity, personal recreation, and positive relationships, with the ones you live with and work with. Many of us are overachievers and it is hard to balance the demands of our careers, family, and friends.

SEMINARS ON STRESS

We all need to understand enough about stress to prevent as much of it as possible. We all need to identify and handle stress early to minimize the damage. We need psychological strategies and physical remedies to relieve the stress and increase productivity. Can you imagine a workplace where employees are motivated, energized and seeking challenge rather than being physically, psychologically and spiritually fatigued?

Kit Welchlin has delivered over 600 speeches and seminars on stress management to public and private organizations, helping employees to manage stress and increase productivity.

If you want results, contact the Seminars On Stress team. We will come to your organization, provide a seminar on stress and deliver proven strategies that will manage stress and increase productivity.

THE SOS EXPERIENCE

When Kit Welchlin steps up in front of a group, it's as a teacher, an entertainer and a down-to-earth guy. This approach has helped him earn the respect and appreciation of audiences for years across a wide variety of organizations. Often described as "high energy" and "entertaining," he weaves his special blend of entertainment with practical strategies that enhance listeners' personal and professional lives. Because Kit's goal is for each presentation to feel like a personal experience for the audience, he often customizes his content, sharing proven methods and techniques that are truly relevant.

Kit's gift is his ability to transform his audience to active participants who feel like they've engaged in a conversation. At the end of the speech, workshop or presentation, audiences walk away energized and informed, armed with new tools and strategies, and believe their time with Kit was very well spent.

ABOUT KIT WELCHLIN

Kit Welchlin began public speaking at the age of 9 in 4-H. By 16, he was organizing and facilitating presentations on leadership, citizenship, community service and motivation for the 4-H and Future Farmers of America.

Kit has a B.S. Degree in Speech Communication, Business Administration and Political Science. He earned an M.A. Degree in Speech Communication and Business Administration.

Kit Welchlin purchased his first manufacturing company at age 21, and by 26 was CEO and Chairman of the Board of three manufacturing companies in three states. He's been an instructor with the Minnesota State Colleges and Universities, where he has been repeatedly nominated Outstanding Faculty. He is a Professional Member of the National Speakers Association.

