

# High Performance Under Pressure

## Proven Mind and Body Methods to Beat Stress and Get Results

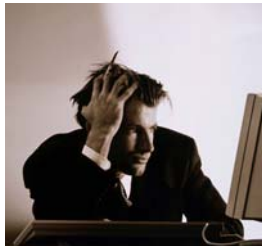
Scheduled on request, duration 60 minutes  
Requirements: web browser and telephone



Is the **pressure of work** reducing your productivity?

Do you sometimes look back on your day and say “**I wish I didn't reach that way**”

Are you looking for **new strategies to cope** with increasing demands, workload and pace of work?



If you are looking for scientifically proven methods to beat stress and get results during stressful times, this **highly engaging program is for you!** Learn:

- 4 differences between Productive and Unproductive Stress
- How Constant Stress Impacts our Mind, Body and Results
- Tools for Changing Negative Thinking Patterns
- 4 Steps to Stop People from Pushing Your Buttons
- 2 Relaxation Exercises to Put you in the Zone
- How to Say No...Professionally
- 5 Secrets of Using Visualization to Create Results

**About the Presenters:** **Lawrence Polsky** has coached and trained leaders around the world in overcoming stress to achieve results. He is a pioneer in the business application of Emotional Intelligence research based on post graduate work at the Institute of Human Development under the direction of Dr. Wilson Tilley. This graduate work focused on the impact of emotions on relationships, problem solving and decision making. Lawrence is a certified administrator of the BarOn Eqi, the first scientifically validated emotional intelligence assessment used by over 200,000 people worldwide.

**Murli Menon** is the author of “ZeNLP-the power to succeed” and “ZeNLP-the power to relax”. He developed ZeNLP to help himself recover from a brain injury that resulted from an accident in 1995. He has since traveled through Asia studying tribal cultures and their use of ancient meditation and other stress management techniques. Murli lives in India and holds an MBA from IMDR, Pune, after graduation in Biochemistry from St. Xavier's College, Ahmedabad.

