



WINNIPEG CONSTRUCTION ASSOCIATION presents....

Stress Management Workshop

Dale Carnegie Training

Thursday, February 28, 2008

The current business environment is all about anxiety, downsizing, mergers, multi-tasking and striving for balance. This creates a higher level of stress and worry for all of us. In this reality, we all need tools to help us take control of that stress so that we can be more successful. Learn some of the ways in "How to Stop Worrying and Start Living". We will never remove stress from our lives, but this workshop will offer tools that will help us to take and maintain control of it.

WHO SHOULD ATTEND?

Employees who understand that they can increase their productivity and improve their performance if they control stress.

WORKSHOP SYNOPSIS

- Differentiate positive and negative stress and how to take control of both.
- Learn the importance of how our attitude impacts our stress level and how we can turn negative attitudes into positives.
- Discover time-tested principles to overcome excessive worry and tension.

Winnipeg Construction Association is pleased to present the first of a series of Dale Carnegie Training Workshops with Rob McIntyre (Dale Carnegie Training MB.)

Dale Carnegie Training is a performance-based training company represented in over 65 countries. It focuses on giving people the opportunity to sharpen their skills and improve their performance in areas such as leadership/management, communication, presentations, human relations, and teamwork development.

Space is limited — Register Now !

Location:	WCA Offices 290 Burnell St.
Time:	8:30 am—10:30 am

FAX TO: 783-6446

Thursday, February 28, 2008

8:30am—10:30am

Company Name: _____

Print Names: _____

Email: _____

Phone: _____

WCA Member fee: \$ 25.00 WCA Account: _____

NON MEMBERS - \$50.00 CALL KELLY AT 775-8664 FOR REGISTRATION INFORMATION

Credit Card: _____ Expiry: _____

Circle: Visa / MC

CONFIRMED: _____