

# Dr. Craig Nathanson

## Workshop: How to defeat stress in life and at work



### About Craig:

Dr. Craig Nathanson is an Educator, Author, Speaker and Coach for mid-life adults. Dr. Nathanson is also a motivational speaker, The Vocational Coach™ for mid-life adults, and workshop leader working with companies on the development of their organizations and people. His current research focus is on humanistic management, leadership through coaching, and mid-life professional development.

Dr. Nathanson has written and published 5 books on work and mid-life development and management, including "The Best Manager: Getting better results through people". Dr. Nathanson's newest book "Joyful work in the second half of life: The five stages", accumulates 20 years of research in the intersection of work and mid-life.

### You will learn:

- What causes stress
- How to defeat the stress when it comes
- The typical reactions to stress
- The relationship between the mind and body under stress
- Why stress makes us adopt a crisis mentality
- The three most important strategies for defeating stress
- How to develop resiliency that will help you defeat stress
- How aligning your plans and priorities help defeat stress
- When stress can be good
- How humor can defeat stress

**Interactive, thought-provoking, and you can apply what you learn right away!**

### Contact:

Dr. Craig Nathanson

P.O Box 2823, Petaluma, Ca 94953

Phone: 707-774-6446

E-mail: [craignathanson@gmail.com](mailto:craignathanson@gmail.com)

Website: [www.drcreignathanson.com](http://www.drcreignathanson.com)

