

2ND ADVANCED NURSING SCIENCE & PRACTICE

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Joy Baldrige

Baldrige Seminars International, USA

Success with less stress

Stress = Demands... The demands and deadlines that are placed upon you at work, at home and in life, and the demands and deadlines you place upon yourself, in these areas as well. *Success with Less Stress* is a presentation that is energizing, engaging, entertaining, insightful, interactive and informative. You will leave with an abundance of Joy's signature "Golden Nuggets" on how to live and work more in a more enjoyable, yet highly productive way. Below are few of the many techniques she shares:

"Golden Nugget" Takeaway Techniques

1. Flexibility and adaptability - the essentials of how to take things in stride
2. 4-4-6 Breathing to decompress and focus better and longer
3. Purple Breaks to keep energy strong daily - Rhodopsin fatigue awareness
4. Watch your Ogive - Managing the ups and downs in your day
5. Ways to stay 'above the line' on the Ogive curve
6. Recognize that interruptions cause forgetting, mistakes and derailments in your day
7. Discover interruption recovery strategies that reclaim 5-10 hours of time in your week
8. Learn how to 'Maintain the Campaign' and achieve successful "flow"
9. Adopt a 'House of Glad' lifestyle
10. Understand the significant payoff of 'Paying your R.E.N.T daily'
11. Do the 'one thing' that will further your success for today and tomorrow
12. Remember – You can't boil the ocean – but drop by drop you can create great 'flow' in your day, month, year, life and future
13. Keep in mind that "It will never be yesterday." So why keep talking about it?
14. Wave good bye to your WAFs (Worry, Anxiety and Fear)

Biography

Joy Baldrige, CPC, CSP, is a renown self-management expert who helps the best companies in the world become even better at increasing revenue and productivity while decreasing stress and frustration. She began her speaking and training career at birth. She was born into a family of driven entrepreneurs and dynamic educators. Her parents founded the Baldrige Learning Center in 1956. Her first official speaking engagement was at the White House, at the age of 19. She got there by cold calling the president. In 1992, Joy founded Baldrige Seminars International, a professional development organization that focuses on management, leadership, sales, communication and priority management skill development. In her seminar and keynote presentations Joy shares innovative ways to adapt to change while increasing revenue, productivity and profitability. Her keynote presentations and seminars are highly entertaining, extremely informative and completely customized. They are known for producing immediate, positive, and tangible results.

Notes:

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