



Event Alert

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Employees Stressed at Work? Two Workshops Offer Help! Thriving Under Pressure & Stress Management Techniques

*Rochester NY—June 19, 2007—*RochesterWorks! Will present two workshops on controlling stress at work. Both are presented by Deidre Dutcher, a local trainer who works with all kinds of organizations around the country. Her background as a career consultant and business owner provides a rich perspective to her audiences.

Thriving Under Pressure

Friday, July 13, 2007, 9 a.m. – noon, \$50 per person

- Learn how to control emotions by controlling your thinking and changing your perspective.
- Learn the most effective technique for diffusing any argument!
- Learn about the four basic personality styles and the strengths and weaknesses of each. By better understanding yourself, as well as others, you will learn not to “take it personally” and how to communicate with each group more effectively.

Stress Management Techniques

Friday, July 13, 2007, 1 - 4 p.m., \$50 per person

What causes stress? Learn the real causes of stress and how to control them!

- We'll examine some of our stressors and learn the communication skills and attitude control to reduce and even eliminate them.
- Learn the steps you can take to strengthen your ability to face stress and overcome its effects
- Gain valuable tips to use when you are feeling stressed.

Pre-registration is required. Please visit www.rochesterworks.org, to register for this workshop. Seating is limited. If you have additional questions, please contact Laura Seelman at 258-3545.

***RochesterWorks!** is dedicated to helping Monroe County develop a strong workforce. RochesterWorks! helps job seekers find jobs, move to higher paying jobs or get training to improve skills. RochesterWorks! assists businesses with recruitment, assessment, placement and training, and connects them to all federally funded employment and training programs in Monroe County. RochesterWorks! has helped attract millions of dollars in funding to support Monroe County companies and organizations.*

Services are available at two convenient full service Career Centers at 255 North Goodman Street and 276 Waring Road in Rochester. Training services are available at our satellite center at the Center for Workforce Development at 3545 Buffalo Road. Services are free of charge.

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