

PROFESSIONAL WELLBEING – MAINTAINING BALANCE IN ONE’S LIFE AND WORK

This is a multi-media, multi-method presentation on stress, change and professional well being.

Topics include:

- How to Predict and Extend Life Expectancy
- The Causes and Consequences of Stress
- The Critical Balance between The Demands We Face and Our Resources for Coping
- Myths, Realities, and Strategies for Dealing with Change
- Wisdom of The Ages – Personal and Professional Coping Skills
- The Importance of Attitude – It Starts with You
- The Five Characteristics of a Hardy Personality
- The Road Ahead – Challenge and Charge

Subjects are made practical for use back on the job. Come, participate, and learn professional development skills appropriate for all levels of personnel.

Faculty: George Manning, Professor of Psychology and Business at Northern Kentucky University, is internationally known as a speaker, author of eleven books, and consultant to business, industry and government. His clients include AT&T, AMA, IBM, GE, Marriott, UAW, IRS, and the National Institutes of Health, among others. George’s unique approach and magic for connecting with people includes a blend of humor, interesting facts, and practical applications. His warm, personal style has captivated audiences from coast to coast and from continent to continent. He was selected Professor of the Year at Northern Kentucky University and has received the Strongest Influence Award given by the Northern Kentucky University Alumni Association.