

Speaker 1 Sheet

Presentation: The 3 Secret Shortcuts to having Your Best Relationship

In this comprehensive and powerful workshop you will learn a framework for effective communication and deeper intimacy. You can have the relationship that so far has only existed in your imagination. Imagine being able to truly open up to your partner about what you need, and also able to be a true support within the relationship, allowing issues like money, anger and communication to become less intimidating and more effortless.

You will learn:

- The key ingredients to creating and sustaining rewarding relationships.
- 3 Breakthrough techniques that will help you shift out of a place of contention and conflict and will help you create the closeness and intimacy with your partner that you want and deserve.
- Powerful communication strategies that you can implement TODAY that will enable both you and your partner to feel cherished, cared for and heard so that you can enjoy a richer, more meaningful relationship.

About Your Presenter: Rachel Moheban

Rachel E. Moheban, is a Licensed Certified Social Worker and a Multilingual Individual and Couple's therapist with a private practice in NYC. She has a Master's Degree in Social Work from New York University and is Licensed by the State of New York. She was trained at Ackerman Institute for the Family, and the Training Institute for Mental Health in marital and group counseling. She is certified in Critical Incident management and provides on-site consultation and training to various organizations. She is also an Employee Assistance Counselor for various companies assisting employees with work related issues. She is also certified by the Prevention and Relationship Enhancement Program (PREP) to provide training for couples and has done this training for the Military

She specializes in Relationship Issues and Coaches Couples and Singles.

She has developed a self help audio program for couples called the "Ultimate Relationship Resolution Program" and adapted a variety of resources especially the effective combination of psycho-education, pro-active skills and techniques. These approaches combined inspired her to create the success formula needed to make fast and immediate changes in Relationships.

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Group Counseling focusing on Improving your Relationship/Marriage with Relationship Expert

Relationships can be very difficult and there is a lot of evidence that it affects your performance in the workplace. "Relationship problems and divorce impact overall worker productivity more frequently than death in the family, serious illness, problems with children, substance abuse, and depression. In addition, an inefficient and unprofitable work environment results from the many factors experienced by employees in failing relationships: increased absenteeism and presenteeism (being physically present

but mentally absent), decreased health, increased anxiety, and stress. Studies show that individuals in happy and successful relationships have greater skills in areas such as communication, flexibility, closeness, personality compatibility, and conflict resolution. The connection between these skills and the workplace are obvious - and are worth cultivating”.

In this intimate group counseling session focusing on improving your Relationship/Marriage, Employees will learn:

- a fascinating journey of self-discovery
- understand yourself in relationships and prepare to create more satisfying relationships
- a process for letting go of old hurts and old ways of being in relationships
- How to resolve long standing conflicts
- new relationship skills for better communication and connection
- To create more fun, passion, romance, intimacy and connection
- How to create a healthy environment for your children
- a clear Personal Growth Plan based on your new insights

Employees will be able to raise their concerns relating to their relationship/marriage and receive laser coaching and benefit from their colleagues feedback/questions via group setting.

Purpose of Group: Under the skilled direction of the group facilitator, the group is able to give support and offer alternatives. In this way, the difficulty is resolved, alternative behaviors are learned, and the individual develops new social skills or ways of relating in their relationships. Group counseling has been found to be a very effective means of treatment and, in some cases, the best form of treatment for particular types of concerns in this case Relationships.

Discover that you are not alone in the difficulties you are experiencing.

- Hear ideas from others which enhance your ability to make decisions and solve problems.
- Benefit from the experience of being helpful to others.
- Learn to constructively express your feelings and ideas to others.
- Gain encouragement by observing the successes of others.

People: 15-20 Participants

Time: 90 minutes

Anger Management in the Workplace

More and more companies are recognizing how an angry person negatively affects their workplace, Studies show that people get angry once or twice a week on average, with men getting more intensely angry and women staying angry longer. And contrary to stereotypes, younger workers display more anger than older workers, because people have better control over their emotions as they age”. Anger also is linked to several health issues including increased blood pressure, blood sugar and heart rates.

The effects of conflict in the workplace are widespread and costly. Its prevalence, as indicated by three serious studies, shows that 24-60% of management time and energy is spent dealing with anger. This

leads to decreased productivity, increased stress among employees, hampered performance, high turnover rate, absenteeism and at its worst, violence and death.

The ability to diffuse other people's anger is a valuable tool in the workplace and getting along with people is an important part of all of our jobs. When conflicts arise, an employee's lack of "insight" and cultural competence makes positive cooperation difficult and sometimes, even impossible. This kind of "narrow-mindedness" is then perceived as disrespect by others and triggers their anger (rage) and its negative consequences. Anger is also a stress response. For instance, frustration and lack of power on the job can cause an outburst of anger over a small difference of opinion, possibly in an area unrelated to the original stressor.

During this workshop, we will focus on anger, how to identify your anger, and ways to cope more effectively with anger issues. We will go deeper into anger dynamics, different types of anger, its motivations, how it manifests and shows up in us and our relationship. We will discuss issues such as what triggers your anger, and then actions, visualizations and tools to shift our anger and move into a more calming place. We will also focus on an action plan to better handle disagreements and ways to establish boundaries on anger.

Learning these various methods can help employees become more efficient and productive at their job. If conflict is managed effectively on a daily basis, the seeds of anger will not have the opportunity to grow into aggression, allowing for a more productive work environment.

Stress Management

While some stress is a normal part of the workplace, excessive stress can interfere with your productivity and reduces your physical and emotional health.

Workplace stress affects the performance of the brain, including functions of work performance; memory, concentration, and learning. Stress is believed to trigger 70% of visits to doctors, and 85% of serious illnesses. Stress significantly reduces brain functions such as memory, concentration, and learning, all of which are central to effective performance at work. Certain tests have shown up to 50% loss of performance in cognitive tests performed by stress sufferers. A study concluded that problems at work are more strongly associated with health complaints than any other life stressor, even financial or family problems.

Various US studies have demonstrated that removing stress improves specific aspects of health: stress management was shown to be capable of reducing the risk of heart attack by up to 75% in people with heart disease; stress management techniques, along with methods for coping with anger, contributed to a reduction of high blood pressure, and; for chronic tension headache sufferers it was found that stress management techniques increased the effectiveness of prescribed drugs, and after six months actually equaled the effectiveness of anti-depressants. The clear implication for these ailments is that stress makes them worse.

Since job and workplace stress increase in times of economic crisis, it's important to learn new and better ways of coping with the pressure. When you feel overwhelmed at work, you lose confidence and may become irritable or withdrawn. This can make you less productive and less effective in your job,

and make the work seem less rewarding. If you ignore the warning signs of work stress, they can lead to bigger problems. Stress clearly interferes with job performance and satisfaction.

The ability to manage stress in the workplace can not only improve your physical and emotional health, it can also make the difference between success or failure on the job. Your emotions are contagious, and stress has an impact on the quality of your interactions with others. The better you are at managing your own stress, the more you'll positively affect those around you, and the less other people's stress will negatively affect you.

During this workshop, we will be covering several steps you can take to preserve your health by reducing workplace stress.

- Learning emotional intelligence, communicating with others in ways that draw people to you, overcome differences, repair wounded feelings, and defuse tension and stress
- Controlling information overload
- The tool for staying calm and in focus despite uncertainty
- Reduced stress through improved organization
- Saving time and reducing stress with improved listening
- How to reduce stress in others
- How to create important time just for you
- More stability & happiness from areas you can control
- Improved decision making
- Increased individual productivity and responsibility
- Improved decision making

Developing new habits which regularly remove you and distract you from stressors and stressful situations and pressures is essentially important on how to manage stress on a more permanent basis. As you learn to manage your job stress and improve your work relationships, you'll have more control over your ability to think clearly and act appropriately. You will be able to break habits that add to your stress at work – and you'll even be able to change negative ways of thinking about things that only add to your stress.

Money and Stress Management

According to the Consumer Reports Trouble Tracker Index, levels of financial burden have increased by the same percentage as stress levels since January, suggesting a significant correlation between the two. The 4 percent rise in both financial troubles and anxiety means that 58 percent of American consumers are now worried about money and 59 percent are experiencing increased levels of stress. The new data suggest that workplace stress may be alleviated with employee wellness programs that address financial management. Additionally, giving workers the tools and resources to deal with stress may help them become better organized and lead to improved planning.

There is a link between the stresses some folks have about money at home (be it with a spouse or children) and how that may carry into the workplace. More and more research is emerging suggesting

that productivity takes a real hit when people are stressed about money issues. And one thing we know about this current recession, stress about money is near, or at, the top of the list. In fact, a recent survey by the American Psychological Association found that nearly 80% of Americans list money as the #1 source of stress in their lives.

In this workshop we will focus on money and you will learn to master strategies on how to resolve money conflicts by: identifying your specific money type, communicating around money issues with your partner, and developing and creating an action plan with exercises to help you take the steps necessary towards resolving money conflicts with your partner and in your life. The goal and focus on financial well-being is to provide new insight and tools to help them be more proactive in dealing with a variety of money topics and issues – especially at home.

Conflict Resolution in the Workplace

People who have high levels of stress and conflict in their lives with a minimal amount of coping skills can have the most devastating effect on the work environment and their coworkers.

The conflict-resolution process requires outside support when the parties involved can find no common ground, when people become distracted from their responsibilities, or when the conflict begins to hinder employee productivity and undermine team members' morale of the organization. If conflict is not managed or channeled properly it can threaten the well being of individuals, cross-functional departments, senior leadership, and the culture of the entire organization.

Conflict doesn't have to be negative. When people have the right skills, conflict can be healthy and used to produce creative solutions and enhance team effectiveness.

In this workshop you will learn:

- Resolution techniques on how to solve problems and find common ground between employees who have opposing perspectives.
- Effectively resolving conflict by recognizing the conflict early on, identify the implications of the conflict, diagnose the source, encourage meaningful dialogue and communication.
- How to expand your perspective and follow through with a plan of action.