



# Dam-it! Channelling Negative Pressure into Positive Energy™

Today's society is all about high demands, perpetual productivity, a jam-packed schedule, and a daily pace that is go-go-go from the too-early buzz of our alarm clock each morning to the exhausted crash to our pillow each night.

As creatures of habit, we run on empty, fight fatigue, feel guilty because "we should have", and avoid slowing down or stopping, for fear we may never get going again.

While our hectic lives swirl about us, and we paint on the plastic appearance of being calm, happy and totally together, we find ourselves



begging that inevitable question within: "Dam-it! How did I get here?"

Stress impacts individuals and organizations alike, causing burn-out, system depletion, and an imbalance that leads to disease – mentally, physically, emotionally, and spiritually.

According to an Ipsos-Reid Poll, "...43% of Canadians are experiencing some stress, another 30% are experiencing significant stress, while 27% are experiencing severe stress". To sum it up, 100% of the adult Canadian population is stressed-out!

Janice teaches clients to view stress management from a more proactive context of self-management - learning to BREATHE, listening to the rhythm of our bodies, and recognizing the impact our choices have on the levels of stress in our lives.

Janice provides the appropriate tools and techniques to help individuals and organizations identify strengths, core values and the warning signs of distress, as well as the skills needed to manage and master stress.

"Recognizing the signs of stress in our lives or in our organization is an opportunity to transform our current reality into the future that we desire", says Janice. "It is up to us to use our stress as a powerful catalyst for improved health, consistent growth, and positive change."

## Key Learnings

- Use proven tools to transform stress into strengths
- How to manage, adapt and accept the process of change
- Recognize the signs of burnout and what action to take
- Maximize personal and professional achievements
- How stress impacts organizations creatively, intellectually and emotionally

With  
humour,  
energy, personal  
testimony, and her  
quick-witted personality,  
Janice helps audiences  
understand that a certain  
level of stress can be  
a perfectly healthy  
stimulant toward  
success and  
wellness.