



## Keep Your Rear in Gear During Tough Times

### *Stress-Reduction Strategies That Work*

Easily distracted? Does it seem there are not enough hours in the day to do all that needs doing? Who doesn't feel like this from time to time? The thing is, we are not experiencing "times as usual." And our energy is being "zapped" more quickly than it's being created.

The good news is that there are many ways to identify what's creating extra anxiety and sucking your energy. You can get back into the game by tackling "tolerations" and minimize the things in your life that are draining you. Get back on track by attending this mini-seminar. We will help you **learn how to reduce, prevent, cope, and thrive, even with today's stressors.**

In this briefing, you will:

- ✓ Learn to quickly identify the 4 types of stress.
- ✓ Discover how "tolerations" deplete your energy.
- ✓ Be equipped with easy-to-use stress reduction tips you'll use over and over again.
- ✓ Leave with a copy of the Clean Sweep® Assessment.

**About the Trainer:** Maria Marsala is a business remodeler, speaker, author, and former Wall Street trader. Since 1998, her company, Elevating Your Business, has helped thousands of high-achieving professional service businesses increase their companies' profitability, performance, and value, even during tough times. She has also mentored career seekers with big goals through her no-B.S. educoaching™, a customized mixture of coaching, education and consulting today. Get it today by contacting Maria at [www.ElevatingYourBusiness.com/](http://www.ElevatingYourBusiness.com/)

## The Greater Seattle Jewish Business Network Presents

**When:** Wed, May 13, 2009

**Time:** 7-8 Mini-Seminar  
8:30-9pm Networking

**Where:**

Temple Herzl-Ner Tamid  
(lower level)  
3700 East Mercer Way  
Mercer Island, WA 98040

**Who:** Business owners, practitioners, independent professionals, executives, and other career seekers of **all faiths.**

**Cost:** FREE

**Register call Ben Meyerhoff at 206.406.2904**

**About the Host:**

The Greater Seattle Jewish Business Network is a resource primarily for Jewish business executives, professionals and skilled workers. This is your place to network with reliable people in their businesses as well as a means of communications for Jewish professionals to find meaningful employment. The GSJBN also functions as a resource center where members can assist each other on any type of business issue that they encounter. Supported by the Jewish Federation of Greater Seattle. Find [GSJBN on LinkedIn](#)