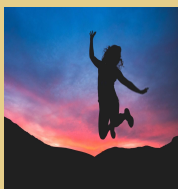




CARLOS J. BUSTABAD HYPNOSIS



Confidence



Motivation



Performance

Busting Through Workplace Stress

With today's fast paced work environment, stress can slowly creep into any company or organization, regardless of size, and create chronic conditions that lead to lower employee performance, decreased motivation, and lower employee confidence. Below are some questions that may provide some insight into how stress is impacting your particular organization or company.

- What are the challenges in identifying workplace stress?
- What are the triggers that cause workplace stress?
- What are the different stages of workplace stress?
- What are the symptoms of each stage?
- What are examples of coping strategies ?
- What's the best course of action in preventing stress?

Carlos J. Bustabad Hypnosis

Certified Consulting Hypnotist
Personal Development Consultant

EnergeticHypnosis.com

Individual / Corporate Consulting Services

The Corporate Autogenic Training program is an effective, interactive process for developing stress prevention initiatives for corporate clients. Research indicates that a well delivered Autogenic Training program can be helpful towards:

Autogenic Training -

Individual or group program for stress management.

Sales Performance -

Group or individual program for improving sales.

Employee Confidence -

Developing employee assertiveness.

Increasing Motivation -

Enhancing employee drive to increase productivity.

Leadership Development -

Leaders emerge through self-examination.

Team-building Skills -

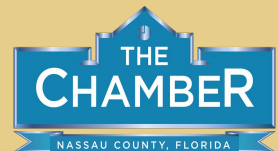
Employee engagement for outside the box creativity.

Keynote Speaker -

Delivering educational & entertaining corporate hypnotic theme presentations.

- Increasing employee job satisfaction / productivity.
- Increasing productivity by reducing absenteeism.
- Reducing health claims.
- Retaining key talent.
- Decreasing accidents.
- Increasing morale.

Contact Carlos to learn more about specific educational and interactive programs with the specific goal of reducing workplace stress, increasing productivity, and improving organizational morale.



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Personal Development Consultant**



2384 Sadler Road, Suite 7 - Fernandina Beach, FL. 32024

904-624-1544 - info@carlosbustabad.com

EnergeticHypnosis.com