



# Powerful Stress Management Techniques for Work and Life

A One-Day Online Seminar for Federal Leaders, Supervisors, Managers, Employees, and Union Officials

April 5, 2023 9am – 3pm - CST (limited to 40 participants)

Location: Online Course using Zoom Platform

Open-Enrollment Cost: \$99 per person

Contact: [pitthal@aol.com](mailto:pitthal@aol.com) or Hal Pitt at 719-313-2540 MST

## Topics Covered

- What stress is
- The signs and symptoms of chronic stress
- How beliefs cause chronic stress
- The ABCs of changing beliefs
- Creating a character anchor to minimize stress
- How to stop an amygdale hijacking
- Tips to reprogram the brain
- The importance of radical acceptance
- Getting rid of faulty beliefs
- Why long walks and exercise don't always reduce stress
- Visualizing your way out of stress
- How to deep breath to minimize stress
- How to reframe life for a happier life
- The power of language to minimize stress
- Meditation: the science behind why it works
- How to deal with difficult people
- Strategies for minimizing work stress
- Strategies for minimizing life stress
- The power of love to minimize stress
- And much, much more

## **Comments from past participants**

*“Why didn’t I learn this stuff years ago? It would have changed the way I lead and changed the way I raised my children. Transformational information from Hal Pitt.”*

*- attendee at City of Everett, WA*

*“Hal, I want you to know that I have been practicing some of the stress management techniques you shared in the course. I am sleeping better than I ever have and am sharing this information with others.” – attendee at Architect of the Capitol, Washington D.C.*

*“I can’t believe that it worked! I shared the character anchor information from your Neuroscience of Leadership course with my team and now we are all practicing your strategies. It has truly changed my team for the better.” – attendee, at VA in Lebanon, PA*

*“Hal. I reflect on my character anchor every day. It has helped me weather the storms of politics in D.C. and helped me focus every day on my integrity and character.”*

*- high level official in Washington D.C.*

*“Your course has made me realize I need to change some biases I have that are harming me and my family. I am going to call my father tonight and tell him how much I love him. Thanks so much for our workshop.” – attendee at National Parks Service workshop*

*“WOW! AWESOME! FANTASTIC! BRILLIANT! Hal, those are just some of the words that describe your workshop.” – manager at Naval Shipyard, Bremerton, WA*

*“I really enjoyed the way you integrate multimedia into your presentation. Really kept me interested. I didn’t want to fall asleep one time and that is rare for me in courses.”*

*- Attendee in New Orleans, Louisiana*

*“Hal, since your course, my team has implemented a new mission, vision and core values. We are going to have a kickoff barbecue next month. Thanks for the helpful information you shared in the seminar. Hope to see you again in the future.” – senior leader at a city in Wyoming*

*“I wish I could take you with me and you could present this information to our senior leadership. I believe it would revolutionize our culture.” – attendee in Denver, CO*

*“Why aren’t more senior leaders taking this course? They send the managers but think they don’t need to learn anymore. I can’t think of the last time our leaders have attended any of our leadership courses.” – manager at Department of Transportation*

The Kansas City Federal Executive Board  
Presents an open-enrollment seminar:  
***“Powerful Stress Management Techniques.”***  
April 5, 2023

**Registration**

**(Send this registration form to Hal Pitt Seminars at [pitthal@aol.com](mailto:pitthal@aol.com))**

*Please Print*

Name: \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

**Payment Method**

Visa/MasterCard (please complete the required information below)

CARD Number

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Expiration Date: \_\_\_ \_\_\_/\_\_\_ \_\_\_ Visa\_\_\_ or Master Card \_\_\_

Zip Code attached to the Credit Card: \_\_\_ \_\_\_ \_\_\_ \_\_\_

CVV Security Code (found on back of card by signature): \_\_\_ \_\_\_ \_\_\_

Total amount to be charged: **\$99.00**

Name of Cardholder: \_\_\_\_\_

Email Address of Cardholder: \_\_\_\_\_

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**You will receive an email merchant account confirmation once the card has been processed for your records**

If you have any questions about payment or this course, contact  
Hal Pitt, CEO, Hal Pitt Seminars  
719-313-2540 or [pitthal@aol.com](mailto:pitthal@aol.com)