



# COMMUNITY BANKERS ASSOCIATION OF ILLINOIS

## E-CLASSROOM SEMINARS

### Stress Management & Reduction On-Demand Recorded Session

Our lives our being changed and stressed more than ever now during the Covid-19 pandemic and the practical guide to managing stress in a stress-filled world is a fantastic way to prepare any person for the challenges of an ever-changing life. In this program, participants learn easy-to-implement skills related to building a managed life. The outline for the program is as follows:

- Understanding Stress
  - External Stressors
  - Internal Stressors
  - Response Patterns
    - Biological
    - Behavioral
  - How people cope with stress
- Self-Awareness
  - How you became you
  - Why people see the world differently
  - Personality types and responses
- Grounded Responses
  - Situational Responses to Stress
  - Relational Responses to Stress
  - ABC's
    - Activating event
    - Belief about the meaning of the event
      - What does it mean to me?
      - Why does it mean that?
      - Where did the meaning come from?
    - Chosen response
      - What is my story?
      - What story serves me best?
      - What will the outcomes be of my response?
- Becoming The Author of Your Life's Story
  - Choosing the role you will play
  - Writing a story of success through the stress
  - Being clear rather than certain
- Healthy Ways to go from Type A to Type M
  - Aggressive response patterns
  - Managed Response Patterns
  - Habits that reduce stress
- Coping Mechanisms for dealing with stress
  - Emotional Coping
    - Conscious Focus Creates Emotional Outcomes
    - Physical Presentation of Self
    - Internal Self-Talk Strategies
  - Physical Coping
    - Exercise
    - Kinetic Strategies
  - Relational Coping
    - Intentional Support Systems
    - Positive Inputs
  - Stoic Philosophies for Balance
- Suicide Prevention (Principles of Recovery)

This is about rewriting the story playing in a person's head. Most suicides happen after a major low as they are coming off intense depression, or they write a story that shows no hope for their future.

By creating a compelling future and embracing a sense of personal purpose, hope can be restored for a person. When the future only shows more of the same emotional upheaval that has led to their current feeling, people may choose to give up instead of move forward.

  - A Compelling Future
  - A Sense of Personal Purpose
  - A Redemptive Perspective on Suffering

#### WHO SHOULD ATTEND?

Anyone stressed or overwhelmed by their work, personal situation or the Covid-19 pandemic may benefit from attending this program.

#### FACILITATOR

**Jody Holland** has received specialized training and certifications in team-building, leadership, management and personnel testing. A strong advocate for helping people discover and utilize their strengths to the fullest, Holland has founded several companies with a focus on enhancing the Human Resource processes. Holland has had the opportunity to train and do business in fourteen countries and all across the United States. He has been the keynote speaker more than 300 times at conferences and has trained more than 200,000 leaders. Holland has a bachelors degree in communications and a masters degree in psychology.

Holland is the author of several books on leadership, time management, sales, personal development and organizational development which can be found on Amazon.com. You can find more information on Holland and his company at [www.JodyHolland.com](http://www.JodyHolland.com).

Your entire bank can utilize this on-demand recorded session for training as it includes the video from the day of the program, plus the same handout materials as the live session. The on-demand recorded session allows your bank to train all your employees on your own schedule with unlimited views from unlimited computers for up to six months. For more information, please contact Tracy at CBAI at 800/736-2224 or via email at [tracym@cbai.com](mailto:tracym@cbai.com).

# REGISTRATION FORM

## Stress Management & Reduction On-Demand Recorded Session

**Choose Your Training Option:**

Purchase (Check one)	Training Options	CBAI Member	Prospective Member*
<input type="checkbox"/>	On-Demand Recorded** Available until September 30th	\$275	\$475

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