



# Take the Stress out of your Body & Business Seminar



You are invited to an **educational** and **interactive** seminar that will engage, motivate and be extremely thought provoking to help reduce business related stress and provide you with tips for a healthy mind and body.

Tackling business related stress is essential to ensure the wellbeing of both you and your employees and to safeguard the performance of your business.

## *What is the cost of stress on your business?*

Some of the biggest causes of stress can be inefficiencies, business interruptions, downtime, loss of productivity, reduced cash flow and loss of profitability. A business that faces large amounts of persistent stress will ultimately fail. Pressure can be handled; stress however can cloud the mind and result in negative impact

## *What is the cost of stress on your health?*

Stress is at the root of many serious and debilitating illnesses, and if neglected, will result in a health disaster. The leading six causes of death and numerous common health problems have been directly linked to stress.

At this invitation only event, you will gain valuable insights and practical advice on how to reduce the burden that stress can cause on your body and your business.

## *You will learn:*

- ❖ Better ways to leverage and maximise the use of technology to remove headaches, improve efficiency and increase productivity
- ❖ Techniques and tips to overcome many day to day business challenges
- ❖ Some great ways for improving your personal health and well being

**Panel Members:** Our experts will share their experiences in reducing stress leading to happier, healthier more productive lifestyles



**Michael de Grieve:**

Director at Pitcher Partners with a wealth of experience in business consulting for SME/SMB



**Dr Kieran LePlastrier:**

Nationwide educator and presenter for personal health and wellbeing



**Clayton Moulynox:**

A Small Business and IT Channel Management, Sales & Marketing Specialist from Microsoft



**Alasdair Morrison:**

CEO of Lewis Holdway with 20+ yrs experience assisting SME/SMB clients to grow their business by reducing risk

## *Who will benefit from the Seminar?*

Business owners, CEO's, CFO's, General Managers, Sales Managers, HR Managers and anyone who is noticing any sign of stress in their personal life or work environment.

**Date:** November 25<sup>th</sup> 2011  
**Time:** 7.15am Registration  
 7.30am Seminar Start  
[Add to Calendar](#)  
**Venue:** Moonee Valley Racecourse  
 Sunline Suite  
 1 McPherson St,  
 Moonee Ponds  
[Location Map](#)  
**Cost:** \$20 per person

Tickets are strictly limited, please order tickets online [here](#).

Plenty of giveaways and show bags to take home!

Don't miss the opportunity to get valuable insights and the most vital tips from industry leaders.

For more information please contact Carmel Lewin - [carmell@zynet.com.au](mailto:carmell@zynet.com.au) or 03 9375 5210.

