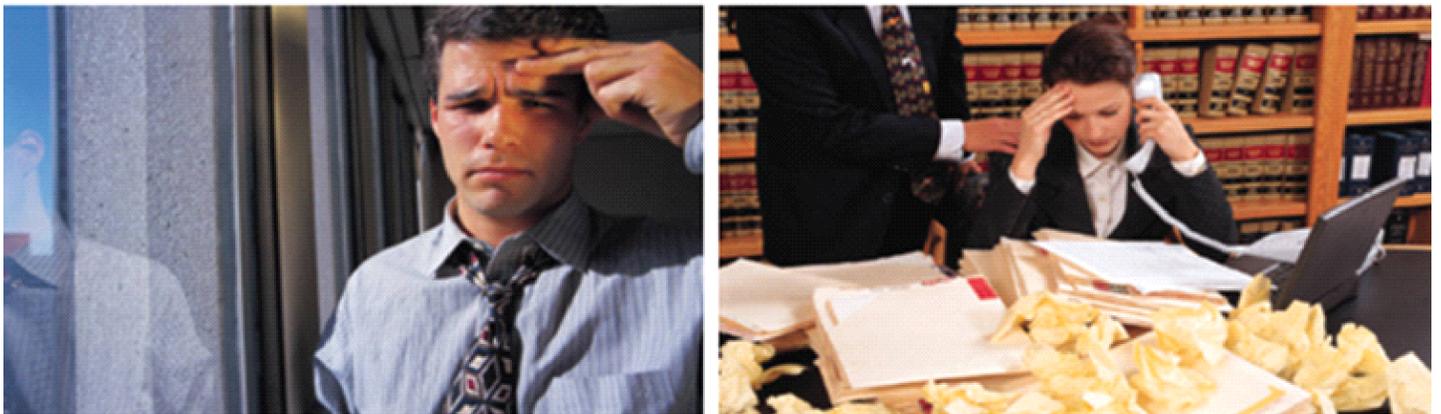




“GENDER-INTERACTION” STRESS MANAGEMENT WORKSHOP

A Seminar on How Men & Women
Cope With Stress Differently



Based on Dr. John Gray's book *Why Mars & Venus Collide*.

A fun, entertaining and informative look at stress, including:

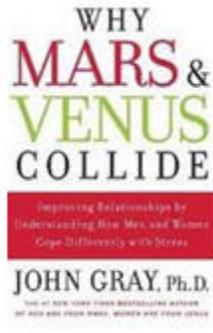
- How to avoid stress taking a toll on your professional relationships
- How to interpret the different reactions of co-workers and clients under stress
- Why men and women respond to stress differently.
- Practical ideas that can help men and women reduce stress for each other and themselves.

Great for individuals , groups and businesses.

Workshop Outline

Module 1

How men and women handle stress differently and why this can lead to even greater stress for each gender.

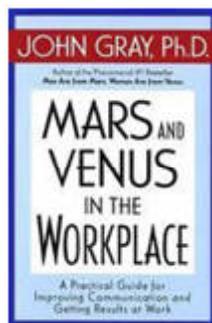


In this module we cover the differences in the functioning of male and female brains and how these real biological difference, unless understood properly, can cause immense stress to male and female colleagues or partners. For example, most people are not aware that when stressed one gender wants to be left alone while the other wants to talk. These needs are not just social but actually biological in nature. This module is about **one hour in duration**. The content of this module is based upon the published works of Dr. Gray in his recent best seller Why Mars and Venus

Module 2

Managing stress at the Workplace

In this module we cover on-the-job

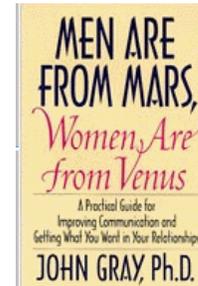


interpersonal relationship stressor(s) and look at proven methods of minimizing stress at work. This module is about **one hour in duration**. The content of this module is based upon the

published works of Dr. Gray in his best seller Men Are From Mars and Women Are From Venus (this book has outsold all books other than the Bible) and his best seller Mars and Venus in the Workplace.

Module 3

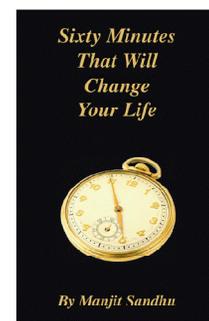
Managing stress at home



Realizing that our performance depends upon how well we get to replenish our energies at home, this module focuses on stressors in personal lives and looks at practical ways to reduce stresses between couples. This module is about **one hour in duration**. The content of this module is based upon the published works of Dr Gray in his best seller Men Are From Mars and Women Are From Venus (this book has outsold all books other than the Bible).

Module 4

Could you be causing stress to others?



This module helps you determine if you are possibly the cause of stress both for people around you and for you yourself. Each participant completes a profile and gets an immediate feedback on their stress matrix. This module takes about **45 minutes** and is based upon thirty years of research by the author in this field.

Module 5

Mental Detoxification using our world-famous 15 second technique



This is an optional module. In this module we cover several practical techniques (adapted from those taught during our retreats in Tuscany Italy). Time permitting and depending upon the size of the group (and interest level), we also introduce the participants to our extremely popular 15 second stress reduction technique.

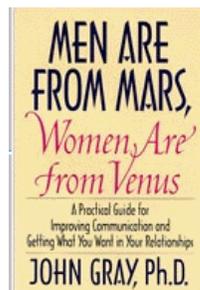
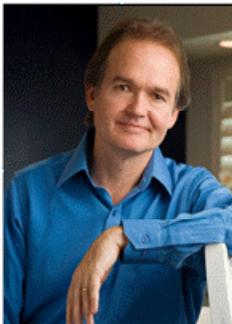
We have made this module optional as this is very “Eastern” in approach and covers advanced meditation techniques (you could pay up to \$2,000 to \$10,000 to learn advanced meditation elsewhere.)

We respect the fact that not everyone wants to be initiated into meditation, hence we have kept this module optional. If you do however want to participate in this module please wear casual clothes as you can be sweating profusely after doing the 15 second meditation technique.

Only two people in the world can teach this technique and Manjit Sandhu, your workshop instructor, is one of them.

“Mars Venus Coaching Stress Management workshop”

Based upon teachings of Dr. John Gray Ph.D.

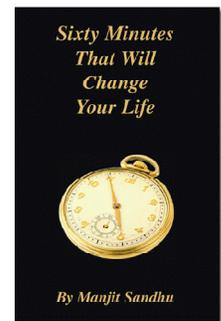


Over 50 million copies of his books have been sold. His book **Men Are from Mars and Women Are from Venus** outsold all books other than the Bible. He is considered as one of the top ten most influential authors of the last 25 years.

After 25 years of research and teaching he introduced a workshop, through his subsidiary Mars Venus Coaching, that addresses stress management and interpersonal relationships at work and at home.

“In 15 Second Stress Reduction workshop”

Based upon teachings of Manjit Sandhu



Manjit Sandhu launched the **15 second stress reduction program** 30 years ago (**yes, you will be able to relax in as little as 15 seconds**). He has a Degree in Engineering and a Post Graduation in Business from two of the top universities in the world.

He is one of the only two people alive today in the world, who can teach this 15 second stress reduction program. Thousands of people around the globe have benefited from his material.

www.in15seconds.com