

FREE TRAINING

How To Make Stress Work For You

Presented by: David Faust

David Faust, President and Founder of Stonehouse Resources, has been training and consulting with companies and individuals since 1977. He has over three decades of experience as a platform, keynote, and motivational speaker as well as life coach and transformational instructor. David has also been a professional outdoorsman as well as the host and producer of a daily talk-radio show and three daily syndicated radio programs.

One training, two different chances to attend! Hope you can join us for one of them!

1st Session

Date: Wednesday, August 7, 2019

Time: 1:00pm-3:00pm

Location: Stearns County Service Center

Room 121 B/C/D

3301 Co Rd 138, Waite Park, MN 56387

2nd Session

Date: Tuesday, August 13, 2019

Time: 1:00pm-3:00pm

Location: Monticello Community Center

Bridge Room

505 Walnut Street, Monticello, MN 55362

“How to Make Stress Work for You” teaches the mindset interventions and techniques to help people see and respond to stress differently, in a healthier and more useful way. The skill sets taught are fundamental in helping people avoid burnout and disengagement as well as creating a greater sense of well-being.

Training Goals & Objectives:

- Understand the research on the good side of stress
- Cultivate a new mindset on stress to increase performance and dramatically reduce the harmful effects of stress
- Learn how to transform harmful stress into helpful stress

Please join us! This training is intended for those living with mental health issues, providers, family members, and community members who work in or are residents of Benton, Sherburne, Stearns or Wright County.

Seating is limited, so please RSVP by emailing CAMHI@co.benton.mn.us

A Certificate of Attendance will be provided for CEUs through the MN Board of Social Work

Training is presented by:



Adult Mental Health Initiative
Benton, Sherburne, Stearns, Wright Counties

Please visit us at www.mnmentalhealth.org to sign up for future trainings and announcements.