



STRESS

Management

**Developing People...
Advancing Business**

SAVAR
the institute

Ms. Sheila Savar, TSI Founder Chief InPowerment Officer (CIPO)



Sheila is a recognized Keynote Presenter and sought-after speaker and facilitator who has earned the respect of global business leaders and organizations such as the World Bank, Microsoft, AOL, Project Management Institute, British Telecom, The Embassy of Morocco, AIIM, the United Way, and more.

In 2008, Sheila authored her first book on what was then her most requested speaker Module, **“The Power of Networking”**.

In 2009, Sheila was admitted into the prestigious Vistage International speaker circuit as an Expert Resource Speaker — an elite corps of content experts. Vistage is the world’s largest SME CEO membership organization with over 15,000 CEO members in 16 countries.

Prior to starting The Savar Institute, Sheila worked primarily in the technology sector enjoying a successful 20+ year career in diverse fields that included programming, systems analysis, sales and business development, account management, relationship management, customer service and training, sales, implementation and service management. Her career included working for start-up ventures to the Fortune 100, serving clients in broad-ranging industries.



While the Savar Institute’s mission is Workforce Performance Optimization, Sheila’s areas of expertise include conscious leadership, professional networking, business development, communication and interpersonal effectiveness, team building, workplace positivity, workforce performance optimization, customer care, customer delight, customer/employee engagement and stress management. All learning programs are EI-centric (Emotional Intelligence).

Exercise: Client Meeting Tomorrow Morning

Scenario: The Night Before

- You are Team Lead
- Meeting outcome could determine contract extension or cancellation
- You lay in bed **worried** about things that could go wrong - meeting ending with contract cancellation (Good Risk Management)
- You plan to wake up extra early (kids)
- **Nothing can go wrong!**

How do you **feel** upon awakening?

Exercise: Client Meeting Tomorrow Morning

Scenario: Morning of the meeting

- Get ready for work
- How do things play out
- **Was this outcome pre-determined?**
- **By what?**

The Power of Thought

The subconscious mind is estimated to be about 30,000 times more powerful than the conscious mind.



Neurolove.me

YOU

In**Powered**

MindShift

Intrapped

- Emotion: **Fear**
- Expression: Anger
- Story Director: Unconscious Thought
- Focuses on *'What I don't want'*
- Resists *'What is'*
- Centered in Distrust
- Creativity: Blocked
- Objectifies: assign roles

The Power of Thought

- **Everything begins with Thought**
- **Thoughts drive Emotion**
- **Emotions drive Behavior**

**The greatest weapon
against **stress** is our
ability to choose one
thought over another.**

William James

Journey Into Consciousness

- Are you Conscious (Aware)—**Mindful of your thoughts, emotions, behavior?**
- Is your life stress-filled?
- Is your stress real or perceived (self-inflicted) and if so, how?
- Who is in control of your life and why?
- Are you living the life you want? If not, why not?
- Can you change it? **How?**

A tiger with orange fur and black stripes is resting on a large, light-colored rock. The tiger is looking directly at the camera with a calm expression. The background is a clear, light blue sky.

Are You Aware?

If you are depressed,
you are living in the *past*.

If you are anxious,
you are living in the *future*.

If you are at peace,
you are living in the *present*.

~ Lao Tzu

Exercise: Client Meeting Tomorrow Morning

Scenario: The Night Before

- You are Team Lead
- Meeting outcome could determine contract extension or cancellation
- You lay in bed **envisioning positive outcome. You are confident and looking forward to tomorrow.**
- You assess potential risks and create solutions for each (risk management)
- You plan to wake up extra early (kids)
- **Everything goes right!**

Exercise: Client Meeting Tomorrow Morning

Scenario: Morning of the meeting

- Getting ready for work
- How things play out
- **Was this outcome pre-determined?**
- **By what?**

YOU

InPowered

MindShift

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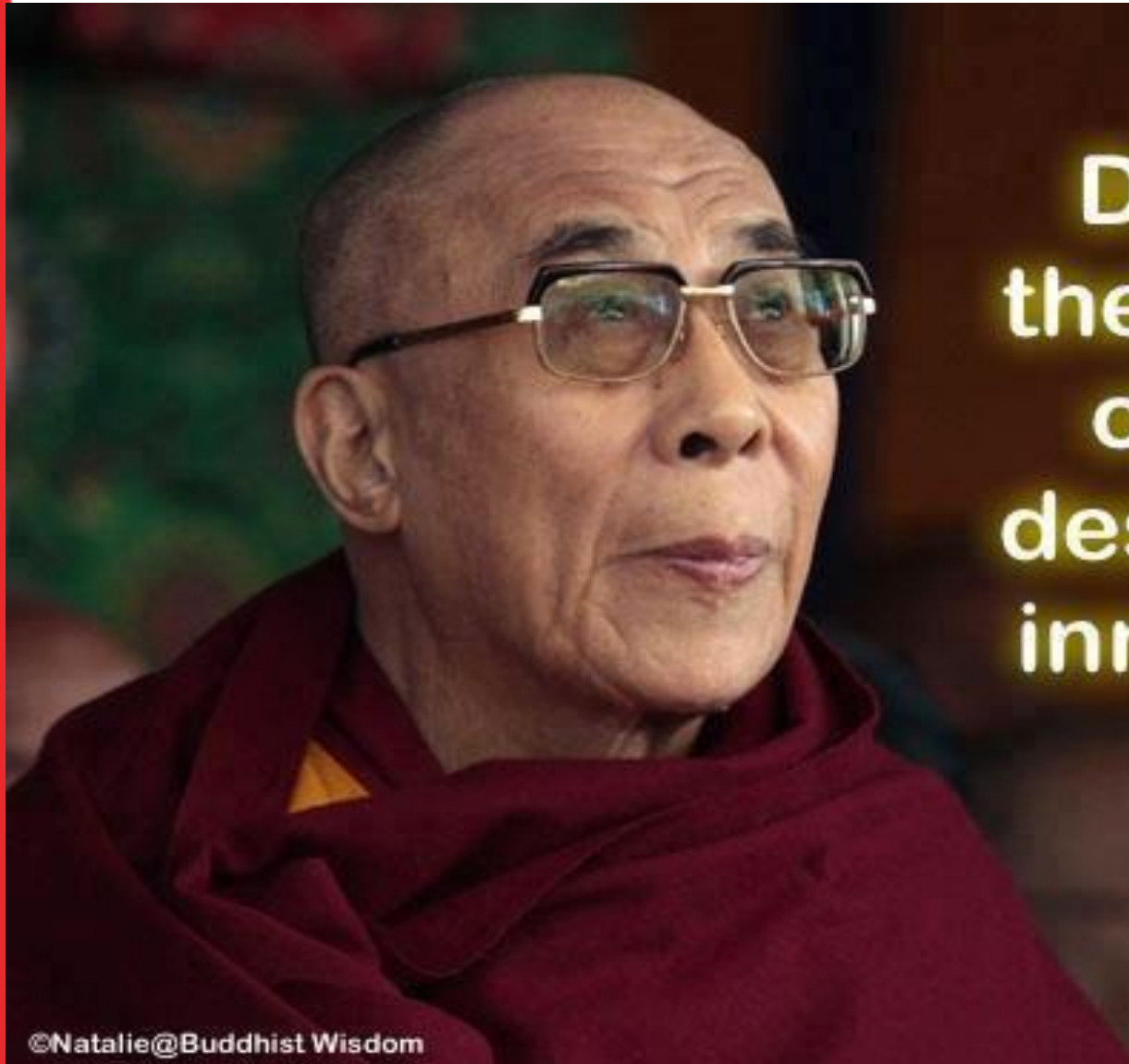
- Emotion: **Conscious Confidence**
- Expression: Kindness
- Story Director: Conscious Thought
- Focuses on *'What I want'*
- Accepts *'What is'*
- Centered in Trust
- Creativity: Flows
- Humanizes others

- Emotion: **Fear**
- Expression: Anger
- Story Director: Unconscious Thought
- Focuses on *'What I don't want'*
- Resists *'What is'*
- Centered in Distrust
- Creativity: Blocked
- Objectifies: assign roles

Which One Do



You Feed?




Do not let
the behavior
of others
destroy your
inner peace

- Dalai Lama

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Stress Reduction Techniques

- Breath & Accept (what **IS**)
- Smile (17 muscles versus 43 to frown)
- Align with your Spine – Stretch
- Quiet the Mind: Meditation, yoga, massages, nature walks, **Reiki**
- Be Mindful of Your Thoughts: Garbage In - Garbage Out
- Focus on What You Want
- Accept ‘What Is’
- Say No!
- **THIS** is how you’ll be remembered



"THE KEY TO GROWTH IS THE
INTRODUCTION OF HIGHER
DIMENSIONS OF CONSCIOUSNESS
INTO OUR AWARENESS."

~ LAO TZU



**Don't carry your past
into the Present**

If you would like information on our Stress Management Workshops or to learn more about Meditation and Reiki for relaxation and stress reduction, please contact Sheila Savar at (703) 766-6550 or by email at ssavar@savar.biz