

# Stress-Free Leadership

## Living Your Best Life While Inspiring Others

### Dates:

**Corning, NY:** March 20, 21  
May 20, 21  
July 30, 31



### Expected Outcomes:

- ▶ Discover new strengths you didn't know you had
- ▶ Learn new strategies and tools to reduce stress
- ▶ How to resolve any conflict
- ▶ How to keep your balance when life gets tough
- ▶ Enhanced communication skills
- ▶ Powerful teamwork insights & secrets
- ▶ Inspiring those around you to top performance

Material based on presenters' book, *Heartfelt Leadership: Creating a Culture of Connection*

CALL Kate @  
**570-439-2004**  
to register

**\$649**

**Registration is limited.**

Co-led by business culture and personal development experts Kate Sholonski and David Larson

**[www.triumphleadership.com](http://www.triumphleadership.com)**