



# Leadership – Put Stress into Perspective

*Presented by Mark J Eddy*

**Thursday, June 09, 2016 | 1:00 p.m.**

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# Leadership

## Putting Your Stress into Perspective



Impact of Negative Stress

Better handle your Stress

Prepare for and address Challenges

- Stop Worrying and Start Living

# MCUL & Affiliates | 2016 Annual Convention and Exposition

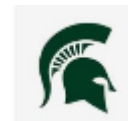
**Title:** Principal Engineer

**Company:** Stryker GQO Medical Instruments, Kalamazoo, MI

**Education:** B.A.S. – Electronic Engineering Technology

**Total years of experience:** 30+

**What I hope to bring to your team:** Enthusiasm, Leadership, People Skills, Communication and Confidence.

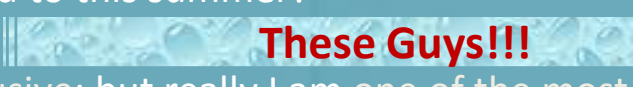


Mark



Eddy

## Fun Facts:

- What are you looking forward to this summer?
  - Puzzles, Travel and  **These Guys!!!**
- You might think I am unobtrusive; but really I am one of the most fierce, positive and loyal friends you could imagine.
- Do you sing in the shower or car? Hmmm, YES!!! And at work...
- Something I could never give up? Baking, Charity or Myself.
- Best one or two words to describe me are: Positive & Loyal





## *Effective Communications and Human Relations*



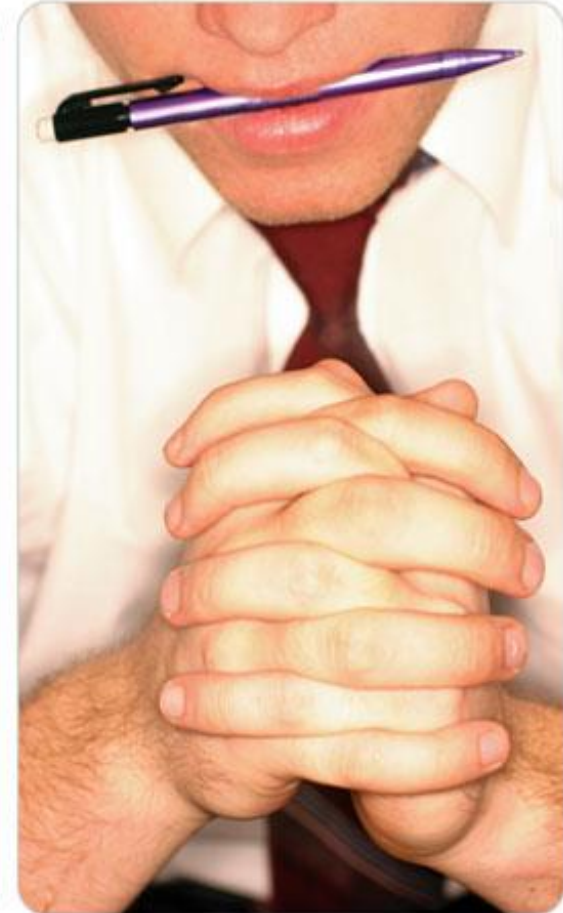
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## Put Stress in Perspective

### *Learning Objectives*

- Recognize the impact negative stress has on our results and effectiveness
- Commit to using concepts and principles to better handle stress
- Discover more effective ways for business professionals to prepare for and address challenges



*“Those who do not know how to fight worry die young.”*

— Dr. Alexis Carrel

## Program Objectives

Build Greater Self-Confidence

Strengthen People Skills

Enhance Communication Skills

Develop Leadership Skills

Reduce Stress and Improve our Attitude

*“Giving people self-confidence is by far the most important thing that I can do. Because then they will act.”*

—Jack Welch

# Effective Human Relations



# Principles for Overcoming Worry

1 Live in “day-tight compartments.”

2 How to face trouble:

- *Ask yourself, “What is the worst that can possibly happen?”*
- *Prepare to accept the worst.*
- *Try to improve on the worst.*

3 Remind yourself of the exorbitant price you can pay for worry in terms of your health.





# Techniques in Analyzing Worry

- 1 Get all the facts.
- 2 Weigh all the facts—then come to a decision.
- 3 Once a decision is reached, act!
- 4 Write out and answer the following questions:
  - *What is the problem?*
  - *What are the causes of the problem?*
  - *What are the possible solutions?*
  - *What is the best possible solution?*

## Break the Worry Habit Before It Breaks You

- 1 Keep busy.
- 2 Don't fuss about trifles.
- 3 Use the law of averages to outlaw your worries.
- 4 Cooperate with the inevitable.
- 5 Decide just how much anxiety a thing may be worth and refuse to give it more.
- 6 Don't worry about the past.



## Cultivate a Mental Attitude that Will Bring You Peace and Happiness

- 1 Fill your mind with thoughts of peace, courage, health and hope.
- 2 Never try to get even with your enemies.
- 3 Expect ingratitude.
- 4 Count your blessings—not your troubles.
- 5 Do not imitate others.
- 6 Try to profit from your losses.
- 7 Create happiness for others.



## Manage Stress

The Perfect Way to Conquer Worry—Pray

### Don't Worry About Criticism

- 1 Remember that unjust criticism is often a disguised compliment.
- 2 Do the very best you can.
- 3 Analyze your own mistakes and criticize yourself.





## Prevent Fatigue and Worry and Keep Your Energy and Spirits High (1)

- 1 Rest before you get tired.
- 2 Learn to relax at your work.
- 3 Protect your health and appearance by relaxing at home.



## Prevent Fatigue and Worry and Keep Your Energy and Spirits High (2)

4

Apply these four good working habits:

- *Clear your desk of all papers except those relating to the immediate problem at hand.*
- *Do things in the order of their importance.*
- *When you face a problem, solve it then and there if you have the facts necessary to make a decision.*
- *Learn to organize, deputize and supervise.*

5

Put enthusiasm into your work.

6

Don't worry about insomnia.



## Program Outcomes

Build Greater Self-Confidence

Strengthen People Skills

Enhance Communication Skills

Develop Leadership Skills

Reduce Stress and Improve our Attitude

*“Whatever you fear most has no power... it is your fear that has the power.”*

—Oprah Winfrey