

# *Preserving and Renewing Your Directors*

## *Stress Management for Enhanced Performance and Health*

Training Session with  
Dr. Richard Pinneau

An affordable opportunity  
for board development.  
**Colorado** nonprofits only.

Author of:

### *At Peace with Power*

*Higher Forms of  
Stress Management*

Richard Pinneau, Ph.D.

#### **Are your valued Directors at high stress risk?**

- They were chosen for being hard workers and top performers.
- They probably serve on several other boards as well as yours.
- Many hold high-pressure positions in business, government or professions besides their board memberships.
- They focus time and energy intensely on leadership responsibilities — even to the neglect of personal stress and health.

#### **Directors: Reduce stress risks through training that is...**

- Practical: presenting stress management which enhances performance and productivity as well as health.
- Considerate of your time: providing strategies and techniques you can use *in the moment* — when you most need them.
- Healthy for a *Type B* body; stimulating for your *Type A* mind.
- Geared toward the intense pressures at the top.
- Immediately reinforcing: you *experience* how it reduces chronic pain and gets bodily distress out of the way of productivity.
- Compact, catalytic two- to three-hour session, giving you immediate return on the investment of your time.
- Budget-friendly: \$200 - \$400, depending on travel distance.

Dr. Pinneau has thirty years of experience in clinical and organizational stress management: conflict resolution, psychosomatic medicine, biofeedback and mind-body methods of holistic health.

His doctoral dissertation at the University of Michigan studied how job stress affects worker health. After teaching at Wake Forest University School of Medicine he was the first licensed psychologist to open a private biofeedback clinic in North Carolina. Now based in Colorado, he speaks and consults on stress management and professional effectiveness nationwide.

Please contact us to arrange for Dr. Pinneau to present this program at your organization:

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