



# Coping with Workplace Stress

Saturday, November 10, 2018

3:30 p.m. – 4:30 p.m.

## Speakers

Tom LaForce, MBA

## Session Objectives

At the conclusion of this session, attendees will be able to:

1. Identify signs and symptoms of stress
2. Recognize unproductive beliefs and assumptions that increase stress
3. Apply 1 problem-solving strategy to reduce stress at work
4. Create a plan to use a coping practice that works best for them more in their lives

## Conflict of Interest/Financial Disclosure

The planners and speaker(s) have disclosed the following financial relationships and/or conflicts of interest:

Tom LaForce, MBA	None
Luzmary Alvarez	None
Hollie Devine, MSN, ANP-BC, AOCNP	None

Jackie Foster, MPH, RN, OCN	Pfizer, Stock Ownership (spouse)
Lisa Munson, CVA, MPNA	None
Lara Rauchwarter	None