

# Stress Management

for the BUSY *Lady Leader*

With Leadership Development Coach Kathy Archer

What is causing you stress?

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What are the impacts of that stress on you?

Physical

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Emotional

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Cognitive

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What is the impact you want to have on those around you?

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What are the impacts of your stress on the people around you?

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## The 3 Strategies



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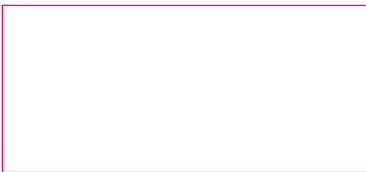
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## The 5 Fundies ;-)

# 1

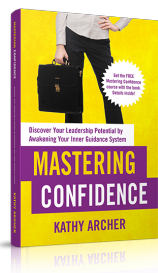
# 2

#3

#4

#5

My BIG AH HA from today is...	This is the next step for me...	This is when I will take that action (make it in the next 24 hrs)



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Click here to get Kathy's book  
[Mastering Confidence: Discover your leadership potential by  
awakening your inner guidance system](#)

Kathy Archer

