



DON'T PANIC!

A Recipe for Success in Times of Stress

Monday,
February 10th, 2020

1:00 pm — 3:30 pm

Employment Services
75 Veterans Memorial Drive
Somerville, NJ 08876

- Do you ever feel like you're having a panic attack?
- Stressed in your current unemployment situation and out of control?
- Why do you think people panic when facing a challenging or frightening situation?
- Why is it important to step back when you're in the middle of a stressful situation?
- How does seeing yourself as a lifelong learner and insisting on learning from your mistakes and crises add value to all your life's experiences?

There are many ways to physically and mentally reduce the negative effects of stress. Learn from top experts in the fields of: consulting, education, public safety, government, and author of *"The Time Between Dreams: Successfully Navigating Change and Uncertainty in Life and Work."*

Seats are limited! Reserve your seat today by calling Rick Peterson at (908) 704-3000



Greater Raritan One-Stop Career Training Services

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Hunterdon County Dept. of Human Services

8 Gaunt Place, Conference Room
Flemington, NJ

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