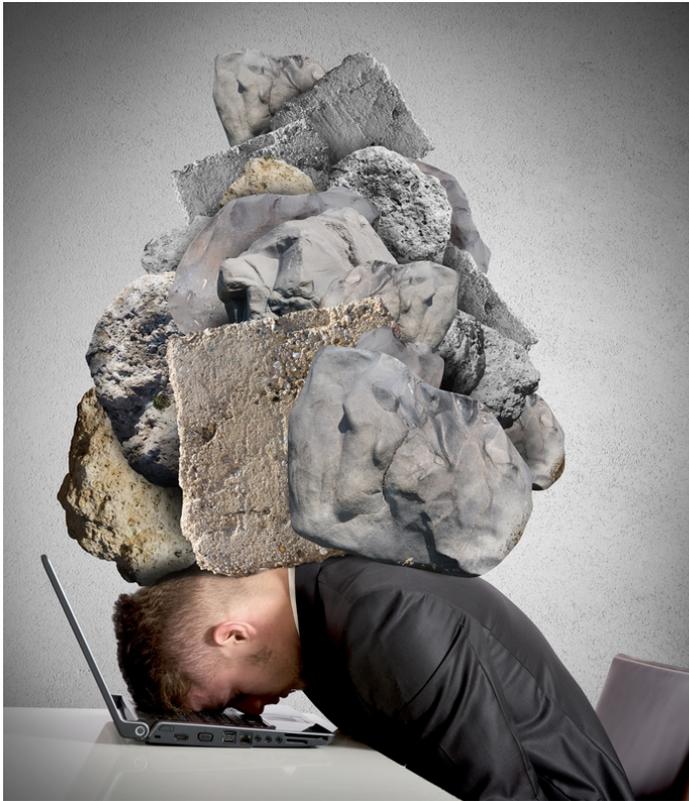


**WHAT TO DO
WHEN YOU
CAN'T DO
LESS**

WILL VAN DER HART

WHY STRESS SEMINARS ARE BAD FOR YOU

**WHERE YOU ARE
RIGHT NOW**



**WHERE YOU SHOULD
BE?**



WHAT IF

STRESS WAS ACTUALLY GOOD FOR YOU?

STRESS IS LEADERSHIP

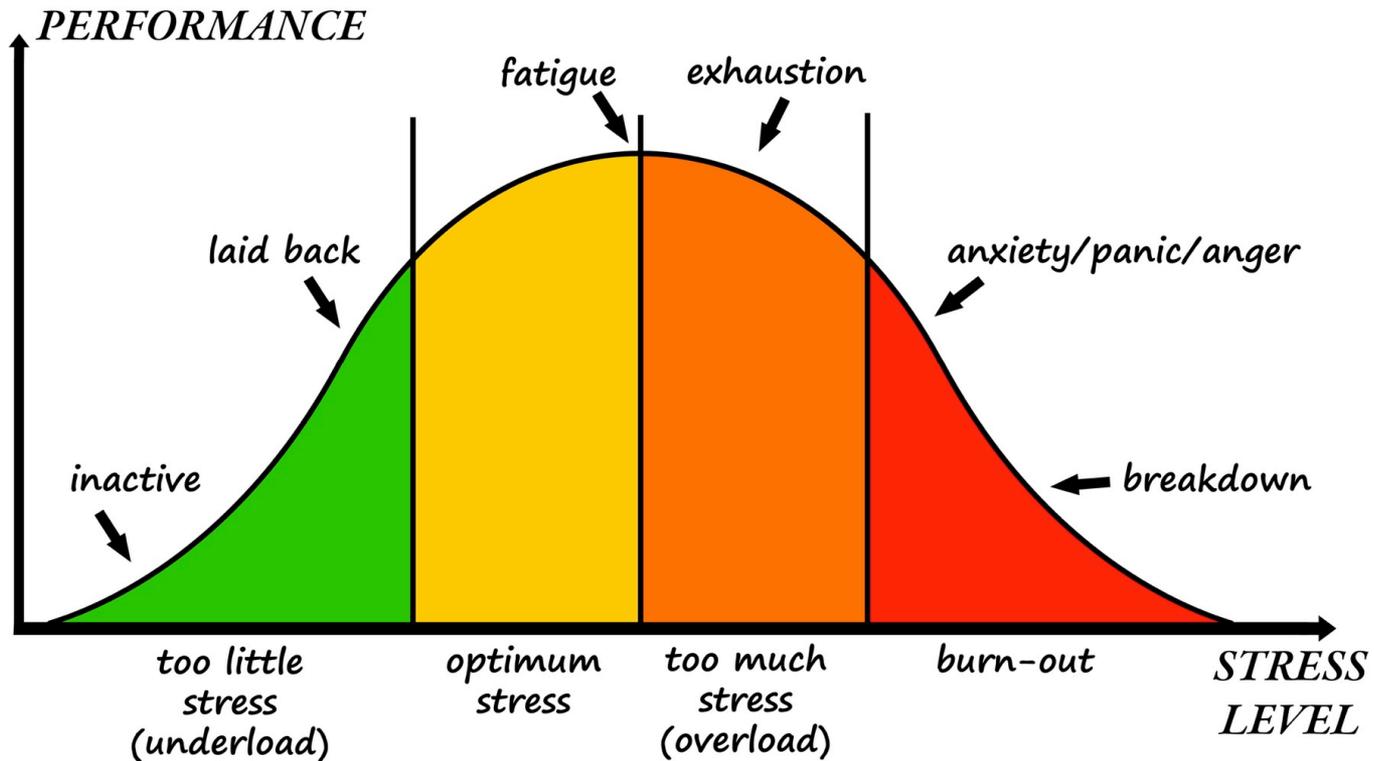
**‘Stress describes any
change which requires
us to respond.’**

Dr Kate Middleton

ONLY GOD KNOWS IT

**DON'T
PREDICT
THE FUTURE**

YOUR WORST PREDICTION



CHANGING PREDICTIONS

CATASTROPHIC

All or nothing

Generalizes negative

Historic evidence

Emotional reasoning

Self referencing

Hyper responsible

REALISTIC

Moderate outlook

Sees positives

Present/future focus

Emotion awareness

Inclusive vision

Proportionate

MOUNTAINS AND MOLEHILLS



Mount Kinabalu: 4095m
14,500 footsteps (200 flights of stairs)

TIME

**DON'T HATE
TIME**

LET GOD BE GOD AND LET YOU BE YOU

"God give us the grace to accept with serenity the things that cannot be changed, the courage to change the things that should be changed, and the wisdom to distinguish the one from the other."

Reinhold Niebuhr

ARE NOT FACTS

**EXPECTATI
ONS**

SPRING BACK

PRODUCTIVE STRESS



DESTRUCTIVE STRAIN



COULD CHANGE YOUR LIFE

GRATITUDE

PRESENTLY GRATEFUL

A photograph of a sunset or sunrise over a body of water, with the sky transitioning from dark blue at the top to bright orange and yellow at the bottom. The text is written in white, cursive, chalk-like font. The word 'grateful' is written in a larger font and has vertical hatching on its letters. An arrow points from the end of 'grateful' to the start of 'for this day'.

I will be
grateful
→ for this day

THANK YOU

**ASK YOUR
QUESTIONS**