



Motivational lecture



*Stress has 2 sides: positive and negative.
Learn to use stress for your benefit!*

STRESS MANAGEMENT

Sergey Ryazanskiy,
Astronaut, Motivational speaker,
A Hero of the Russian Federation

What is this lecture about?

Due to financial crisis and COVID pandemic stress became an integral part of our life, in addition to unpredictable events and constant pressure. Instability, uncertainty and anxiety have become a new reality for the most of us.

Permanent stress is often a cause of losing focus at work and even depression. Question is: why the mechanism that normally helps us started causing such harm? And most importantly: are there ways to overcome stress? Lifehacks provided by astronaut Sergey Ryazanskiy will help you able to take care of your mental health starting from today!

Target audience:

- Business Executives and Entrepreneurs
- Managers of all levels
- HR Directors and their colleagues
- General staff of any company

Learning objectives:

- Why is stress considered to have a positive effect on a human?
- What are the real stress symptoms?
- How does our body react to stress?
- Physiology of stress
- What are long-term stress consequences?
- How to avoid stress or cope with it on one's own?
- 7 cosmic lifehacks to overcome stress

Length:

120 minutes

Structure:

- **motivational lecture**
(Skype, Zoom or any other internet platform)
- **QA**