

# IMPROVING STRESS HARDINESS

## Satellite Conference and Live Webcast

Wednesday, July 27, 2011, 8:30-9:30 a.m. (Central Time)

9:30-10:30 a.m. (Eastern) 7:30-8:30 a.m. (Mountain) 6:30-7:30 a.m. (Pacific)



Research has shown that certain personality traits help in resisting stress and effectively coping with it. Program faculty will discuss those traits as well as techniques to improve stress hardiness.



### FACULTY:

**John Mark Trent, PhD**

Associate Professor

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Director of Research, Evaluation, and Analysis

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### PROGRAM OBJECTIVES:

1. Define stress.
2. Identify common symptoms of unmanaged stress.
3. List the benefits of managing stress.
4. Define stress hardiness.
5. Determine the three C's of stress hardiness.



### CONFERENCE DETAILS:

**Target Audience:** Alabama Department of Public Health Employees.

**Continuing Education:** None for this program.

**Registration:** [www.adph.org/alphtn](http://www.adph.org/alphtn)

**Technical Information:** To receive complete technical information you must register at [www.adph.org/alphtn](http://www.adph.org/alphtn)

*Satellite* - Live satellite conference on C band (analog).

*Webcast* - Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at [www.adph.org/alphtn](http://www.adph.org/alphtn)

*Audio* - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #. Press # again to listen to the conference.

*On Demand* - Available 2-3 business days after the live broadcast from the On Demand page of our website.

**Conference Materials:** Posted on our website approximately one week before the program for registered participants.

**Conference Details Questions:** Call: 334-206-5618 | Email: [alphtn@adph.state.al.us](mailto:alphtn@adph.state.al.us)