

# Life in the Espresso Lane

Stress Management and Humorist  
Presentation for Licensed Healthcare Professionals

Presented by Laurie Guest, CSP

Thursday, March 25, 2010

from 1 - 4:30 PM

At Sauk Valley Community College  
Room 1K4

## Objectives:

- Identify ways to handle stress in a busy medical setting
- Create patient service ideas for immediate use
- Apply ways to handle stress in a busy medical setting
- Modify rapport between staff and the doctor
- Modify communication between staff and others
- Identify the key motivators in staff
- Purpose of Activity is to learn how to manage your mental caffeine and contentment even during stressful times.
- Criteria for successful completion of this activity is the learner must submit a completed evaluation, prior to receiving their certificate. Certificates will not be distributed out until the learner submits a completed evaluation form.

**Registration deadline is March 11th and Seating is limited**  
**Refreshments and Door Prizes Available**

Register by going to [www.ksbhospital.com](http://www.ksbhospital.com) and clicking on  
Classes & Events or by contacting

Teresa Strum at [tstrum@ksbhospital.com](mailto:tstrum@ksbhospital.com), 815/285-5608

Advance payment of \$35 is required payable to Health Educators of  
the Rock River Valley

Mail payments to Teresa Strum, c/o KSB Hospital  
403 E. First Street, Dixon, IL 61021

This activity has been submitted to the Illinois Nurses Association Approver Unit for approval to award contact hours. Illinois Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's commission on Accreditation.

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