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BUSINESS



Innovative Mindful Solutions with Terry Galler

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November 27th 2017: Where ever you go, there is always stress!

We often look at the stress of our jobs as environmental. We believe it is the place, the people, the workload, our supervisors, the expectations. We think "if I can only change X, Y, or Z, things would be better!" These are all factors, however, how we respond to the people and situations that surround our work lives can make all the difference. Join me and my guest Pati Anderson, LPC, as we discuss the stress that comes from various types of jobs and how changing how we look at things can make the things we look at change!

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Featured Guest



Pati Anderson, LPC

Pati Anderson, MC, LPC has a varied background. She began her work life in aviation, first as a flight instructor and charter pilot during the 1970s, and then as an air traffic controller in the 80s and 90s.

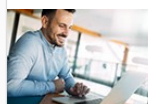
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