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Today's Inspiring Women

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March 27th 2014: Take Control Over Stress for Professional Success

Conquering stress is more than take a few deep breaths and take time for yourself. Instead of just trying to survive stress learn practical tools and strategies that will help you to have more focus, and calm so you can take control of your day. Our first guest is Dr Sharon Melnick who is a stress reduction expert and she will give practical tools for taking control so you can be more productive. Deanne DeMarco will also take the mic and address the strategy of delegation to help you take more control in the workplace. Deanne trains managers across the country on these techniques and she will

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Featured Guest



Dr Sharon Melnick

Dr Sharon Melnick As a business psychologist, Dr. Sharon Melnick is a leading authority helping business professionals move to the next level and have success under stress. Her methods are informed by 10 years of research at Harvard Medical School, sharpened by training in cutting edge stress resilience techniques, and field tested by over 7500 clients and training participants. Dr. Melnick is the author of the newly released book, Success under Stress: Powerful Tools for Staying Calm, Confident, and Productive when the Pressure's On. You too can have steady focus throughout the day and come home with 30% more energy, stay rational when someone is driving you nuts, turn your perfectionists

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