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Leadership Development News Monday 9 AM PT

August 17th 2015: Special Encore Presentation: Discover Your BestStress Zone with Dr. Carol Scott

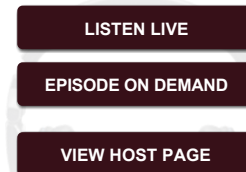
Join stress coach, Dr. Carol Scott, formerly an assistant professor at Johns Hopkins Hospital and author of Discover Your BestStress Zone to learn the secrets to transforming stress in today's show. Dr. Scott is an expert on the connections between stress & health and the developer of the BestStress Zone Concept. Dr. Scott is a highly sought after consultant, speaker and one on one StressRelief Coach who has taken her work from the emergency room to the boardroom. As described in a recent Fast Company profile, "participants & clients gain knowledge, resilience, specific strategies, & motivatio

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