

**MIIA Professional Development Training**

**The New Science of Stress**

**December 7, 2017**

**2:00-3:00 PM**

You can’t open a newspaper, magazine or website without seeing messages that stress is bad for our health. Stress is accused of causing heart disease, cancer, and even Alzheimer’s.  But what if that is not the case?  What if stress makes you smarter, stronger, happier and more resilient?  What if stress is just like a muscle, and the more you use it, the better is becomes?  The latest science finds that it is not the stressor we experience that makes us sick, but our stress mindset.  Rather than trying to reduce, avoid or escape our stress, understanding and embracing it may be the secret to resilience and longevity.  Attend this webinar to learn about the latest science and strategies regarding stress.

**About the Presenter:**

Cally Ritter is the Director of Training and Development for AllOne Health EAP, and a Licensed Independent Clinical Social Worker. She has a B.A. from Bucknell University, a master of social work from the University of Pittsburgh, and over 25 years of clinical experience in a variety of settings, including inpatient and outpatient services in Philadelphia, Pittsburgh and Boston. Cally has been an EAP trainer for more than 20 years, and has inspired countless audiences to make shifts in their thinking and behavior for greater work/life effectiveness. Cally presents at national, regional, and state conferences, and facilitates retreats. Additionally, she is a certified Motivation Factor facilitator. Her areas of interest include the multigenerational workplace, stress/resiliency and employee motivation. She infuses her seminars with energy, examples, exercises, and content excellence. Cally feels fortunate to engage daily with audiences and be present for personal and professional transformation.

**To register:**

Please go to the following link and complete the required information:

<https://attendee.gotowebinar.com/register/8114137812053850883>

After registering, you will receive an email containing webinar access details. See you there!