



# NEWS RELEASE

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## **USI offers anti-stress and attitude adjustment courses**

### **Less Stress = Greater Success**

University of Southern Indiana's Office of Continuing Education will offer a stress management course 6 p.m. - 9 p.m. in the University Center's Carter Hall on three consecutive Tuesdays: June 23, June 30, and July 7.

Employee work related stress can negatively impact productivity, morale, motivation, and overall health. This course will teach how to cope with the changing work environment, increasing job pressures, and personal issues to alleviate the harmful effects of stress. Participants will learn how to identify their "personal stressors" and develop an action plan to combat work and life stress. Students will be provided a stress profile and action plan workbook.

Instructor Dr. Nancy Kovanic is lead consultant of the Organizational and Professional Development Group at USI.

Registration deadline is June 16. Course fee is \$129.00. Call the Office of Continuing Education at 812/464-1989 or 800/467-8600 for more information or to register.

### **Adventures in Attitude**

University of Southern Indiana's Office of Continuing Education will offer a course in self improvement for professionals and others. The class will meet 6 p.m. - 9 p.m. five consecutive Wednesdays from June 24 to July 29 in the University Center's Carter Hall.

The class deals with the "whole person" rather than sets of skills or compartments of knowledge. Participants move through ten high-involvement areas critical to increasing self-awareness, changing attitudes and improving relationships for greater personal and professional success. The ten areas are: effective listening, developing communication skills, attitude awareness, dealing with emotions, understanding people, attitudes of personal empowerment, creative problem solving, team building strategies, motivational power, and reaching your potential.

Instructor Larry Bohleber is manager of the Center for Human Resource Development and instructor in business at USI.

Registration deadline is June 17. Course fee is \$325 which includes AMA text and Adventures in Attitude materials. Call the Office of Continuing Education at 812/464-1989 or 800/467-8600 for more information or to register.