



Get SMaRT

Stress Management and Resilience Training

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Go From BS Excuses to "Holy SH*T!" Moments

Building Lives from the Inside Out

- Do you dread Monday mornings?
- Frustrated with how chaotic the office is one day and void of work the next?
- Has stress hijacked your mood, sleep, and energy... leaving you lifeless?

**RECLAIM YOUR MORNINGS, ENGAGE AT WORK,
AND FIND THE BALANCE YOU'VE WANTED.
IT'S TIME TO SPARK CHANGE
AND CREATE THE LIFE YOU DESIRE.**

A catalyst in chemistry and physics is a chemical or substance that creates the increased possibility and need for a speedy conversion into something else. Essentially, it is an element that creates a very fast metamorphosis. A catalyst for change implies that, instead of chemicals, a person taps into an external source that sparks the internal force, or gumption, we all possess to achieve desired changes. At Rest from Stress we are committed to being that catalyst to reignite passions and stimulate change by reducing stress in every person using our services.

You can live an OPTIMAL life where frustration and dread are replaced with clarity and momentum.

You can create a fulfilling existence filled with meaningful relationships, personal growth, and experiences that inspire and energize you. You can develop a mindset and lifestyle that fuel your well-being and purpose in life. All it takes is the right catalyst.

Recognized for her expertise in Stress Management and Resiliency Training, Jen Butler has been that catalyst for thousands of individuals across North America, helping them cultivate joyful, balanced, and empowered lives.

Rest from Stress Presentations

How to Manage Stress Like a Pro: Or at Least Like Someone Who Slept Last Night

Learn what stress is, what it isn't, why it prevents you from achieving your goals, and how the right coping methods matter. In this no-nonsense presentation, attendees will be armed with what they need to move from frustration and dread to clarity and momentum and start managing stress like a pro!

DESCRIPTION:

It's common to seek stress relief by tackling external problems—whether it's signing up for endless courses, overhauling schedules, or throwing money at distractions like it's going out of style. Let's face it: these are just excuses for a deeper issue! External solutions won't solve the internal, biological reactions that cause your stress.

In this highly witty and energetic presentation, Jen Butler, a master executive and board-certified coach, will debunk common myths about stress and arm you with the skills to effectively navigate life's triggers. You'll leave with a customized action plan filled with practical and effective coping methods that will lead to less stress, more energy, and a greater sense of fulfillment in everyday life. Say goodbye to temporary fixes and hello to real, lasting change!

COURSE OBJECTIVES:

- *Understand Stress Dynamics:* Gain a clear understanding of what stress truly is, what it isn't, and how it affects your ability to achieve personal and professional goals, empowering you to identify stressors in your life.
- *Identify Ineffective Solutions:* Recognize the limitations of external stress relief strategies, such as hiring staff or throwing money at problems, and understand the importance of addressing the internal, biological reactions that contribute to stress.
- *Create a Personal Action Plan:* Develop a practical action plan that incorporates effective coping methods to reduce stress, enhance productivity, and boost energy levels, enabling you to transition from functional to OPTIMAL in both business and life.

SUGGESTED AUDIENCE: EVERYONE

Rest from Stress Presentations



11 Triggers of Workplace Stress: And the Coping Methods that Work

Stress isn't just an employee problem—it's an organizational budget line! With \$500 billion at stake, it's time to tackle the 11 triggers that drain productivity and profit. Join Ms. Butler for a lively dive into stress management, where science meets humor, and every leader leaves with tools to become a true catalyst for change.

DESCRIPTION:

Studies reveal that stress undermines intellect, decision-making, planning, motivation, retention, revenue, and just about every goal an organization strives for. With a staggering cost of \$15K per employee each year and over \$500 BILLION in losses for American businesses, it's high time organizations recognize workplace stress for what it really is: a line item on their P&L and a major hurdle to success.

There are 11 triggers of workplace stress that organizations can manage or significantly influence. Join Ms. Butler as she brings her 35+ years as a Stress Management and Resilience Training Educator, humor, and relatable stories to explore each of these triggers and the essential coping strategies every leader needs to become a catalyst for change and reduce workplace stress.

COURSE OBJECTIVES:

- *Identify Key Stress Triggers:* Understand the 11 primary causes of workplace stress that impact employee well-being and organizational success.
- *Learn Effective Coping Strategies:* Discover practical, research-based strategies to reduce stress and foster resilience within teams and leadership.
- *Drive Organizational Change:* Equip leaders with actionable tools to create a healthier work environment, improve decision-making, and boost overall productivity and profitability.

SUGGESTED AUDIENCE: EVERYONE

Rest from Stress Presentations



Team Synergy:

The Science Behind High Performing Teams

There's too much at stake these days to rely on the old eeny-meeny-miny-moe method for making connections, decisions, and solving problems. It's time to embrace verifiable science and approach your strategy with intention, ensuring forward momentum in all your connections!

DESCRIPTION:

It's no surprise that with all the miscommunication, assumptions, and conflicts you face in daily life, relationship issues rank among the top stressors for many. These challenges can lead to frustration and strain our emotional well-being. The days of navigating work and personal connections with an "eeny-meeny-miny-moe" approach are long gone! It's time to harness verifiable science to build relationships grounded in instinctive strengths and natural talents.

Join Jen Butler, a certified Kolbe® consultant, as she reveals the science behind creating synergy in relationships and maintaining it for long-term harmony. You'll gain valuable tools and insights to foster connections that bridge gaps, promote mutual growth, and cultivate strong, lasting bonds. Get ready to stress less and apply the science of high-performing, fulfilling relationships!

OBJECTIVES:

- *Differentiate the Four Action Modes:* Explore the four types of action modes and the instinctive strengths associated with each to better understand team dynamics.
- *Develop Strategies for Team Harmony:* Create effective strategies to prevent or manage team breakdowns, tension, and strain, ensuring a smoother collaborative environment.
- *Leverage Natural Talents:* Discover how to effectively utilize the natural talents of team members so they can work together seamlessly and productively.
- *Master the Five Key Components:* Learn about the five essential elements that can significantly boost productivity and connectivity among team members, leading to enhanced team synergy.

SUGGESTED AUDIENCE: EVERYONE

Rest from Stress Presentations



Dealing with People That Drive You Crazy: Difficult People Made Easy

Want to turn difficult interactions into positive and enjoyable experiences? Learn communication styles and skills necessary to foster loyalty, strengthen personal connections, and significantly enhance your well-being by surrounding yourself with people who inspire and motivate you.

DESCRIPTION:

Dealing with difficult people can be emotionally and mentally draining. Limiting your interactions only to those you find "easy" or agreeable isn't always practical, and it can leave you feeling isolated or disconnected. Every person you encounter presents a unique opportunity to navigate the relationship in a way that fosters deeper connections and meets their unique needs. The more adaptable and accepting you are, the richer your relationships become, leading to less stress and greater satisfaction in your work and personal life.

Drawing upon her academic training in Educational Psychology and Masters in Education, Jen Butler teaches you about identifiable types of difficult people, offering insights into who they are, why they act in certain ways, and how you can connect and communicate with them more effectively.

OBJECTIVES:

- *Identify Difficult Personality Types:* Learn to recognize common traits and behaviors of difficult individuals and understand the underlying reasons for their actions.
- *Develop Effective Communication Techniques:* Acquire strategies for adapting your communication style to build stronger connections and navigate challenging interactions with greater ease.
- *Enhance Emotional Resilience:* Explore methods to reduce the emotional toll of dealing with difficult people, fostering more satisfying and stress-free relationships in both your personal and professional life.

SUGGESTED AUDIENCE: EVERYONE

Rest from Stress Presentations



Burnout:

Because ‘Overwhelmed and Underpaid’ Needed a Fancy Name

Feeling like a tired, underpaid superhero who didn’t ask for the cape? Welcome to the world of burnout! In this laugh-through-the-pain presentation, we’ll explore the not-so-glamorous side of juggling too many responsibilities while running low on energy (and caffeine). We'll unpack the real reasons why you're mentally exhausted and how to dodge the burnout spiral before it turns you into a full-blown nap enthusiast.

TRAINING/COURSE DESCRIPTION:

In a fast-paced world, many of us experience the constant pressure of juggling responsibilities, battling exhaustion, and feeling unappreciated—all symptoms of what’s now called burnout. Beyond the buzzword lies a serious issue that can impact your mental, emotional, and physical well-being.

In this engaging presentation, we’ll dive into what burnout really is, why it happens, and how to recognize the signs before it takes over. Learn practical strategies to regain balance, build resilience, and reclaim control over your life, so you no longer feel stuck in the cycle of being overwhelmed and undervalued. Expect relatable stories, a few good laughs, and practical tips to help you recharge and get back to conquering life—without feeling like you need a raise just to afford another coffee!

OBJECTIVES:

- *Recognize Burnout Symptoms:* Learn to identify the signs of burnout in your life, including emotional exhaustion, decreased motivation, and feelings of helplessness, so you can address them before they escalate.
- *Develop Resilience Strategies:* Gain practical tools and strategies to build resilience, manage stress, and establish healthy boundaries that help you regain balance and control over your responsibilities and well-being.
- *Implement Self-Care Practices:* Discover actionable self-care techniques to recharge your mental, emotional, and physical energy, enabling you to navigate life's challenges with renewed enthusiasm and a sense of fulfillment.

SUGGESTED AUDIENCE: EVERYONE

Rest from Stress Presentations

Change Management: Cuz ‘Survival of the Fittest’ Is Just Too Dramatic

In the unpredictable journey of life, change can feel like a lurking predator. Not to worry! This presentation will transform the daunting concept of change management from a survival drama into an exciting adventure.

DESCRIPTION:

Join us for a lively discussion on embracing change with open arms instead of bracing for impact. We'll explore the emotional rollercoaster that comes with change and share practical strategies for cultivating adaptability in your everyday life.

Join Jen Butler, a nationally certified presenter, as she lays out the roadmap for a successful Catalyst for Change campaign that will transform your view of change. Expect engaging anecdotes and a dose of humor as you navigate the ups and downs and ins and outs of change together—without the panic attacks.

OBJECTIVES:

- *Identify Emotional Responses:* Understand the common emotional reactions to change, such as denial and anger, and learn strategies to manage these feelings effectively to foster a more positive attitude toward change.
- *Develop a Change Strategy:* Gain practical tools and actionable steps to create and implement a Catalyst for Change campaign within your team or organization, ensuring that change initiatives are met with enthusiasm rather than resistance.
- *Build Resilience and Adaptability:* Cultivate a mindset of resilience and adaptability that empowers you to navigate change confidently, transforming challenges into opportunities for growth and success in both your personal and professional life.

SUGGESTED AUDIENCE: EVERYONE

Rest from Stress Presentations

Stress SOS: 10 Instant Techniques to Stay Cool Under Pressure

When life throws chaos your way, don't just survive—thrive! Stress SOS: 10 Instant Techniques to Stay Cool Under Pressure is your go-to guide for quick, effective stress-busters that work in real time. No yoga mats or waiting for the gym required—just scientifically proven, practical tools to stay cool when it matters most!

TRAINING/COURSE DESCRIPTION:

Let’s face it: managing stress is hard enough on a good day! Add a sprinkle of VUCA (Volatile, Uncertain, Complex, Ambiguous) chaos, and it’s time to level up your game plan. Join us for *Stress SOS: 10 Instant Techniques to Stay Cool Under Pressure*, where you’ll learn practical steps to tackle the unpredictable and keep your cool when it counts!

Through her unique and humorous way of discussing deep topics, Jen Butler will show you exactly what to do in a crisis and how to navigate the emotional strife it often causes by using the top 10, scientifically proven, ways to reduce stress. At the end of this presentation, you'll rethink the way you approach crisis management and want to get SMART with Jen more often.

OBJECTIVES:

- *Equip Leaders with Crisis Preparedness Strategies:* Understand the different types of crises and the essential steps to prepare for and respond effectively to each situation.
- *Master Stress Management Techniques:* Learn 10 instant, science-backed techniques to reduce stress and maintain composure during high-pressure moments.
- *Implement a VUCA Response Plan:* Develop a predictable framework to address Volatile, Uncertain, Complex, and Ambiguous scenarios, ensuring a clear path to recovery and evaluation after a crisis.

SUGGESTED AUDIENCE: EVERYONE

Rest from Stress Presentations

The Best You in 5 Words

Keynote

Everyone will relate to this personal, humorous, and insightful keynote presentation. Attendees will walk away ready to break out of their box, live bolder, think bigger, and move forward by giant leaps. They will learn the five, simple words it takes to be their best selves.

The loud, ever-present, negative self-talk is easy to listen to throughout the day. Ways in which we aren't good enough keep us living small and far from our best selves. Even with strong desire to break out of our box, live bolder, and move forward in giant leaps we lack the how-to's and ways to turn our desires into reality. Often it only takes a few, simple key steps to ignite our passion and turn fine into FABULOUS!

With this inspiring and humorous, keynote presentation, Jen Butler will connect with every attendee by sharing practical ways to interrupt the negative voices and tap into their best selves by using five (5) simple words. As others describe, attendees will leave "empowered", "motivated", "superwomen", and "changed at the core."

Bio



Jen Butler is the CEO and founder of Rest from Stress, LLC. She received a double Bachelors of Science (Educational Psychology & Public Health Administration) and a double Master's of Arts in Education and Special Education from the University of Minnesota. With over 25-years' experience in Learning & Development and Business Analyst, Jen concentrated on adult learning, leadership, business operations, as well as components under the stress management and resiliency umbrella. She has worked with entrepreneurs, small business owners, corporate leaders and executives on how to obtain sustainable profitability with less stress and more fulfillment.

Jen's passion is to work with professionals held back by stress, fear, frustration, and dread. Her natural gifts are breaking down those barriers and building clients back up in a way that allows for each of them to go from functional to OPTIMAL. Through her many services, Rest from Stress' clients throw out the BS excuses and experience "HOLY SH*T" moments that change how they live the rest of their lives.

EDUCATION

Bachelors of Arts, Educational Psychology -
University of Minnesota

Bachelors of Science, Publish Health
Administration - University of Minnesota

Masters of Education - University of
Minnesota

Masters of Special Education - University of
Minnesota

Masters of Special Education, Deaf/Hard
of Hearing (concentration) - University of
Minnesota

American Institute of Stress - Diplomat

Nationally Trained and Certified Speaker -
Development Dimension International

Certified Professional Coach (CPC) -
International Coach Federation

Master and Board Certified Coach (MCC
&BCC) - Center for Credentialing and
Education

Energy Leadership Index Assessment® -
Institute for the Professional Excellence in
Coaching

Certified Kolbe® Consultant - Kolbe Corp.

Crucial Conversations® Certified-
Vitalsmarts®

Critical Incident Stress Management (CISM)
Certified- International Critical Incident
Stress Foundation

PARTIAL LIST OF PRESENTATIONS

*Keynote marked

American Association of Orthodontists

American Dental Hygiene Association National
Conference

American Academy of Gnathological
Orthopedics

Arizona Department of Education ESSA
Conference

Arizona State Dental Association, *Keynote*

Arizona Veterinary Medical Association

A.T. Still University

Breakaway Practice, LLC, *Keynote*

California Dental Association

Canada's Dental Assistants Conference,
Keynote

Colorado State SHRM Meeting, *Keynote*

Dentaltown/Farran Media

Evergreen Life Services, *Keynote*

Georgia State SHRM Conference

International Congress of Oral Implantologists
& Association of Dental Implant Auxiliaries

Midwestern University

Minnesota State Administrators for Special
Education Conference

Minnesota State Council for Exceptional
Children Conference

New Mexico State SHRM Conference

North Dakota State SHRM Conference

Pampered Chef National Conference

Society of Human Resource Managers
National Conference

Verizon Wireless Regional Meeting, *Keynote*

Verizon Wireless National Summit, *Keynote*

Western Regional Dental Conference