

# Beating Stress to Boost Success:

A series of six evening workshops to help you manage greenhouse stress and improve productivity



# Night School for Greenhouse Growers

## Beating Stress to Boost Success

Greenhouse production is something we all love and feel very passionate about, but it is also an exceptionally stressful occupation. Extreme seasonality, unpredictability of weather, diseases, and pests, and the all-or-nothing nature of perishable products combine to create a perfect incubator for excessive worry and anxiety.

This series of evening workshops aims to provide commercial greenhouse growers and their staff with an opportunity to learn about different methods for coping with stress, managing life/work balance, and improving job satisfaction and productivity. The workshops will be led by professionals with many years of experience in business and personal coaching.

The course will require a minimum number of 15 participants and is limited to a maximum of 20 spaces.

## Course Structure

Cost: \$195  
Time: Tuesday Evenings, 7:30-9:30pm  
Date: February 18, 25,  
March 4, 11, 18, 25  
Place: Rittenhouse Hall, Vineland Research and Innovation Center

## Topics:

- »What is burnout, and why should we take it seriously
- »Learn how to deal with frustration and negative thinking by changing your perspective
- »Learn how to tolerate annoying co-workers, defuse tension in the workplace
- »Learn how to motivate yourself and others
- »Learn how to bridge the generation gap
- »Learn how to reduce stress by managing your priorities

## Course Instructors Include:

Tom Baker (Bayview Flowers)  
Jeannie Campanelli (Inner Confidence Coaching)  
Neil Thornton (Trigger Strategies, The Thornton Group)  
Troy Treleven (Dale Carnegie Training)



To Register, Call FCO at 1-800-698-0113 by February 17, 2014.  
Flowers Canada (Ontario) Inc. is At Your Service.