



STRESSED *for* **SUCCESS**

An Online Micro-Learning, Virtual, and In-Person Experience That's Actually Enjoyable

Learn more: cortexleadershipconsulting.com

Contact: Cortex Leadership Consulting |
info@cortexleadership.com

What It Is

Stressed for Success is an interactive micro-learning course designed to help participants understand and manage stress and anxiety in short, impactful sessions. This is not another slide-heavy, monotone training. It's practical, fast-paced, and built for real life.

Why It Works

This program combines brain science, behavioral tools, and real-life application. It's direct, efficient, and helps people feel better fast — without fluff, overwhelm, or wasted time.

 **by Cortex Leadership Consulting**



What this Learning Experience Delivers

Participants gain tools and insights to:

1

Understand the causes and origins of stress

Learn the fundamental sources of stress and how they develop in our daily lives.

2

Recognize how the brain responds to stress and anxiety

Discover the neurological mechanisms behind stress responses and how they affect your thinking.

3

Identify the three main types of anxiety we all experience

Learn to distinguish between different forms of anxiety and their unique characteristics.

4

Silence the "inner bully" that adds mental pressure

Develop techniques to quiet negative self-talk and reduce internal pressure.

5

Release current and past stress triggers

Learn methods to identify and let go of both immediate and historical sources of stress.

6

Practice simple, effective techniques to reduce stress immediately

Master practical tools that can be applied in the moment to alleviate stress quickly.

