

STRESS KILLS!

by

Scott Warrick, JD, MLHR, CEQC

HR Consulting, Employment Law & Training Services

(614) 367-0842: Office ♣ (614) 738-8317: Cell

www.scottwarrick.com

- What happens **PHYSICALLY** in your body when you are under too much stress?
- Why is the chronic distress your **#1 HEALTH RISK FACTOR** ... even more than **SMOKING**?
- How does stress give you **HEART DISEASE, STROKES, ALZHEIMERS, DIABETES, CANCER, AGE YOU PREMATURELY**, and so on?
- What does stress do **NEUROLOGICALLY** to your brain ... and exactly **HOW** will it give you serious **MENTAL DISORDERS**?
- Why do most human beings **“BURN OUT”** their short term memory systems by the time they retire ... even though the neurons in our brains should last **120 YEARS!?!**
- Why have over **75%** of all of Ohio’s public sector employees retired with serious **MENTAL DISORDERS**?
- What do you need to do to protect yourself **PERSONALLY** from the devastating affects of too much stress?

...and **MUCH, MUCH** more...

Join Scott as he outlines why **STRESSKILLS** and why it can be so devastating to your organization and you personally! Scott will not only outline this topic for you in his own unique, practical, entertaining and humorous style, but he will show you how to use this information **IMMEDIATELY!**



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Link Up With Scott On [LinkedIn](#)

One of Business First Magazine's "20 People To Know In HR"

CEO Magazine's 2008 Human Resources "Superstar"

Nationally Certified Emotional Intelligence Counselor

2012, 2010, 2008, 2007, 2006 and 2003 SHRM National Diversity Conference Presenter

[Scott Trains Managers and Employees ON-SITE in over 40 topics](#)

Scott Warrick specializes in working with organizations to *prevent* employment law problems from happening while improving employee relations. Scott uses his unique background of **LAW** and **HUMAN RESOURCES** to help organizations get where they want to go.

Scott travels the country presenting his various programs, including his ["Living The Seven Skills of Tolerance," "Bullying and Healing The Human Brain," "The 7 Myths & 7 Skills of Strategic HR," "Freaks & Geeks: Preventing All Forms of Bullying & Harassment In The Workplace" and "Emotional Intelligence For Humans."](#)

Scott's <https://Do-It-Yourself HR Department & Legal Compliance Service> is a favorite among Human Resource Professionals to not only inform clients of the changes in Employment Law but to also bring their departments into compliance ... **AND KEEP THEM THERE!**

Scott's academic background and awards include:

- Capital University College of Law (Class Valedictorian (1st out of 233))
- Master of Labor & Human Resources and B.A. in Organizational Communication: The Ohio State University
- The Human Resource Association of Central Ohio's Linda Kerns Award for Outstanding Creativity in the Field of Human Resource Management and the Ohio State Human Resource Council's David Prize for Creativity in Human Resource Management

For more information on Scott, just go to www.scottwarrick.com