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 NEUROLGICALLY 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!
Scott Warrick, JD, MLHR, CEQC, SPHR

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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


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