

STRESS KILLS!

by

SCOTT WARRICK, JD, MLHR, CEQC, SCP

Scott Warrick's Human Resource Consulting & Employment Law Services

(614) 738-8317 ♣ scott@scottwarrick.com

WWW.SCOTTWARRICK.COM

Link Up With Scott On [LinkedIn](#)

- 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 will over **75%** of all public sector employees retire on **PSYCHOTROPIC MEDICATIONS**?
- What do you need to do to protect yourself **PERSONALLY** from the devastating effects of too much stress?
- **WHY** is the COVID pandemic so disastrous for our mental health ... and what do you do about it?
- How does **SLEEP** and **WATER** repair our brain?
- How “**BDNF**” helps to grow new neurons and repair your brain ... and how you can get more of it.
- How your **PETS** and **HOBBIES** can be a great investment in your own mental health.

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

Join Scott as he outlines why **STRESS KILLS** 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, SHRM-SCP
Scott Warrick Human Resource Consulting & Employment Law Services

(614) 738-8317 ♣ scott@scottwarrick.com

WWW.SCOTTWARRICK.COM

Link Up With Scott On [LinkedIn](#)

Scott Warrick, JD, MLHR, CEQC, SHRM-SCP (www.scottwarrick.com) is a two-time best-selling author, a national professional speaker, a practicing Employment Law Attorney and a Human Resource Professional with 40 years of hands-on experience. Scott uses his unique background to help organizations get where they want to go, which includes coaching and training managers and employees in his own unique, practical and entertaining style.

Scott Trains Managers & Employees ON-SITE in over 50 topics, all of which can be customized **FOR YOU!** Scott travels the country presenting seminars on such topics as Employment Law, Conflict Resolution, Leadership and Tolerance, to mention a few.

LET SCOTT DESIGN A PROGRAM FOR YOU!

Scott combines the areas of law and human resources to help organizations in “Solving Employee Problems **BEFORE** They Start.” Scott’s goal is **NOT** to win lawsuits. Instead, Scott’s goal is to **PREVENT THEM** while improving **EMPLOYEE MORALE**.

Scott’s first book, **Solve Employee Problems Before They Start: Resolving Conflict in the Real World**, is a #1 Best Seller for Business and Conflict Resolution on Amazon. It was also named by EGLOBALIS as one of the best global Customer and Employee books for 2020-2021. Scott’s most recent book, **Living The Five Skills of Tolerance: A User’s Manual For Today’s World**, is also a #1 Best Seller in 13 categories on Amazon, including Business Leadership, Minority Studies, Organizational Change, Management, Religious Intolerance, Race Relations and Workplace Culture, to mention a few.

Scott’s **MASTER HR TOOL KIT SUBSCRIPTION** is a favorite for anyone wanting to learn Employment Law and run an HR Department.

Scott has been named one of Business First’s 20 People To Know In HR, CEO Magazine’s 2008 Human Resources “Superstar,” a Nationally Certified Emotional Quotient Counsellor (CEQC) and a SHRM National Diversity Conference Presenter in 2003, 2006, 2007, 2008, 2010 and 2012. Scott has also received the Human Resource Association of Central Ohio’s Linda Kerns Award for Outstanding Creativity in the Field of HR Management and the Ohio State Human Resource Council’s David Prize for Creativity in HR Management.

Scott’s academic background and awards include Capital University College of Law (Class Valedictorian (1st out of 233) and Summa Cum Laude), Master of Labor & Human Resources and B.A. in Organizational Communication from The Ohio State University.

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

