

Dr. Marilyn Manning & The Consulting Team



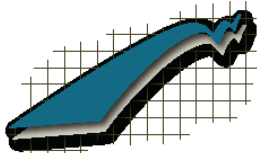
Dr. Marilyn Manning, CEO

We continue to make use of the skills you and your team have taught us. Your professional skills and personable style always makes working with you a pleasure.

Peter Ingram, City Manager
City of Redwood City

Partial Client List

Over 40 California Municipalities
& Public Agencies
Alameda County Library
Foundation
Catapult Communications
General Electric
Johnson & Johnson
Lockheed
Meeting Professionals
International
National Speakers Association
PayPal
Stanford University Hospital
USGS



Facilitating Positive Change

Using Stress Positively

Many people think that stress is something to be avoided, but we can't eliminate stress from our lives. Uncontrolled stress can lead to physical problems such as ulcers and high blood pressure. Controlled stress, on the other hand, can provide the energy needed for high productivity and healthy lives. The real challenge is to use stress positively to obtain maximum results.

Learn how to manage stress and conflict in proactive ways. This presentation may include an on-line communication style assessment that gives vital insights into how styles impacts stress.

Participants will learn about:

- Understanding how stress responses impact performance
- Monitoring stress triggers and applying stress reduction tips
- Identifying and managing Type A behaviors
- Enhancing communication skills
- Diffusing anger and negative emotions
- Using listening as a stress reducer
- Creating can-do attitudes

I was highly impressed with Dr. Manning's professionalism, intelligence, flexibility, and keen insight. She created a professional yet comfortable environment for everyone to share their thoughts and ideas. Our challenges were met head on with creative and viable solutions.

Roccie Hill, Executive Director, Guide Dogs of the Desert

The Consulting Team, LLC, was founded by international author, speaker, and certified management consultant **Dr. Marilyn Manning, Ph.D.** The Consulting Team is a consortium of recognized experts in communication, training, facilitation, coaching, leadership development, change, conflict mediation, strategic planning, and team building. For over 20 years The Consulting Team has helped their clients solve difficult organizational and people problems. Their success is evident in that 94% of their work is repeat business.

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