

Presenter: Mr. Karl LaRowe
Stress Management Specialist
The American Center

Petroleum Institute (Abu Dhabi)
Thursday, 21 October 2010
12:00 - 13:00
Room 1-100, Zarkuh Building, Male
Campus



Transforming Stress

Abstract

Stress is a fact of life. In today's fast paced, highly volatile and inter-connected world, stress is inevitable. It is how we handle stress that makes the difference. Stress can either motivate us to do our best and excel, or it can wear us down until we feel exhausted and burned out.

We received comments such as

"Excellent!"

"Needs to be given to all facing day to day stress"

"Everything was helpful, quite informative"

'The best workshop I have attended'

About the speaker – Mr. Karl LaRowe

Mr. Karl LaRowe is a leading authority on energy and awareness and a recognized expert on compassion fatigue. He is an international speaker, author and workshop presenter. For the past 15 years, Mr. LaRowe has given hundreds of seminars to healthcare professionals on various mental health and interpersonal effectiveness topics across the United States, Canada, South East Asia and the Middle East. Karl holds a Masters' degree from the School of Social Service Administration (University of Chicago). He is a licensed clinical social worker and certified mental health investigator and examiner. Karl holds a black belt in karate, is a certified Qigong teacher and has researched and originated ways of integrating the power of martial arts with the psychology of interpersonal effectiveness to combat stress and burnout.