



Statewide Speaker *Series*

Harnessing Stress: Unlocking Energy, Purpose, and Performance Under Pressure

Stress isn't the enemy; it's the entry point. In today's fast-paced and emotionally demanding world, the way we relate to stress can either drain us or drive us. This energizing and eye-opening session flips the script on traditional stress management. It reveals how understanding and harnessing stress can fuel performance, strengthen connection, and build lasting resilience.

REGISTER HERE

Note: When registering, select "Company Single Sign-On" to sign in to your MOVERS Learn account.



Natalie Johnson

Co-Founder and Chief Visionary at Vidl Work



Wednesday, July 22
1 - 2 p.m.



This session will be held via Webex.

For questions or a disability accommodation request, contact Gary.Stafford@oa.mo.gov.