



To Become A

From Stressed To Best™

## Certified Stress Reduction Specialist

### Attend our Certification/Train-the-Trainer Course

The authors, Ruth and David, will be presenting their From Stressed To Best Certification course three times this summer. This 20-hour class is an intense, fast moving immersion into the background and philosophy of the program, the study of Personality Type as it pertains to stress management and the techniques used to help people move from their Stress mode to their Best mode.

Attendees will earn the designation, “Certified Stress Reduction Specialist.”

Past attendees include: corporate trainers, coaches, certified MBTI® practitioners, teachers, nurses, doctors, management consultants, college professors and business owners. We receive many rewarding reviews from our attendees. Examples: “I have been certified as a Master Practitioner in MBTI® for years and cannot believe the number of “aha” moments I had in this class!” “I felt I already had a lot of tools when I came to this class but now I feel like I have a toolbox to put them in!”

*We highly recommend this very nice historic Island House Hotel where the training will be given. We have secured an amazing rate of \$89/per night if you reserve by the date indicated.*

**When:** May 27-29, 2014 (reserve hotel by May 15th) OR  
June 10-12, 2014 (reserve hotel by May 15th) OR  
July 15-17, 2014 (reserve hotel by June 14th)

**Cost:** \$740 TUITION - if you have already purchased the materials (you may save by pre-purchasing the materials on-line using the hyperlinks below.)  
\$1497 TUITION AND MATERIALS (if you elect to receive the materials in class.)

### Includes:

- The [Training Manual for How to Shift From Stressed to Best](#) with electronic PowerPoint slides and full script, individual and group exercises. (\$597)
- The companion book [How to Shift From Stressed To Best](#). (\$21)
- The [Stress Reduction Guide](#) (choose the one for your Type). (\$21)
- The book [FROM STRESSED TO BEST](#). (\$19.97)
- Certificate and use of the From Stressed To Best Certified Stress Reduction Specialist logo (as seen at the top of this flyer.)

**The Details:** Dress for the entire event is “vacation-land casual.” Class begins with an orientation on Tuesday at 5pm with included hors d'oeuvres and a cash bar. Includes breakfast with Q&A on Wednesday and Thursday at 8am. Class begins at 9am Wednesday and Thursday. Lunch is on your own - order from the menu and eat as a group. Class will end at 6pm Wednesday and Thursday.

**Where:** The historic Island House Hotel, 102 Madison St., Port Clinton, Ohio

<http://port-clinton-ohio-hotel.com/> To reserve one of the limited number of rooms set aside at our special rate of \$89 per night, Call **419-734-0100** or email [islandhouseportclinton@gmail.com](mailto:islandhouseportclinton@gmail.com). These rooms are first come, first served and must be reserved by the date indicated to guarantee the rate. At the regular rate of \$129, the hotel usually is sold out. Other accommodations recommended by past students include: [A Touch Of Italy Bed and Breakfast](#), [Our Guest Inn and Suites](#) and [The Holiday Inn Express](#).

Port Clinton is located between Cleveland and Toledo on Ohio's Lake Erie shoreline. It is the epicenter of a popular summer resort area. For information on what the area has to offer, check out the following: [Lake Erie Shores and Islands info](#), [Put-In-Bay](#), <http://www.cedarpoint.com>, [The Jet Express to the Islands](#), [www.SanduskyOhio.com](http://www.SanduskyOhio.com), [www.MarbleheadLighthouseOhio.org](http://www.MarbleheadLighthouseOhio.org).