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Work stress: Vision inside, outside and work stress management by health coach

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France

Recently, I was a marketing professional with 20 year portfolio of success driving strategic and business development efforts for international organizations across diverse industries. I made the way from the assistant at the healthcare department at the market research agency till marketing director at well-known companies. I personally experienced work stress, symptoms and all related problems. In my presentation I show the logic of the work stress segmentation: when we can/should change the situation at work or when we need to change our attitude towards the situation and change our psychological condition. The first main problem is that people don't realize that they are in a chronic stress and don't understand the level of their stress and second they are unaware of the whole damage of chronic stress to their health. Based on my carrier history of serving in progressively larger scoped managerial roles, as the more people mount carrier ladders the more chronic stress they experience (due to more political problems, psychological issues with colleagues and bosses, managerial issues with subordinators, more responsibilities on the plate). I give clear and practical tips how to adept at multi-tasking fast-paced work environments to manage work stress. When the carrier coach or psychological help or some training of skills that are needed to apply in order to avoid or reduce work stress. Currently as a health coach, I see a great value how to help people to overcome work stress with understating the causes of stress, recommendations how to improve the situation and to motivate people practicing essential techniques to reduce stress: sleep cure and eating behaviour and stress-busting food selection, incorporating mindfulness based practices like meditation, yoga, breathing exercises, body scanning, loving kindness exercises and some others.

Biography

Ekaterina Fairand is a Paris-based Certified Integrative Health Coach. She has a Degree in Medicine from I.M.Sechenov First Moscow State Medical University. After 20 years of the corporate carrier in the international companies, She made the decision to pursue her passion in lifestyle medicine and preventive health. She attended Institute for Integrative Nutrition (NYC, USA) where she studied over 100 dietary theories, studied a variety of practical lifestyle management techniques and innovative coaching methods with some of the world's top health and wellness experts. Her teachers included Dr. Andrew Weil, Director of the Arizona Center for Integrative Medicine; Dr. Deepak Chopra, Leader in the field of mind-body medicine; Dr. David Katz, Director of Yale University's Prevention Research Center; and others.

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