



HARNESSING STRESS FOR SUCCESS

Managing Pressure to Drive Results

Harnessing Stress for Success presents concepts and activities that will help you enhance the power of stress. As you know, stress can be debilitating, compromising our performance and health. By changing your mindset about stress, you can utilize the inevitable stressors in your life to boost productivity and success.

In this Learning Sprint, you will:

- Review the often neglected research supporting the enhancing nature of stress.
- Discover the power of mindset in shaping the stress response.
- Learn the three-step model for how to transform stress to enhance your performance, improve your health, and facilitate your learning and growth.

Developed in partnership with:



OUTCOMES

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YOU WILL

- Be introduced to the science of stress and the power of mindsets
- Explore different types of mindsets and where you fall on the mindset spectrum
- Put theory to practice and convert stress to success (specific experiments include acknowledging stress, practicing “anchors”, and practicing “triggers”)

ABOUT THE EXPERTS



SHAWN ACHOR

- International bestselling author of *The Happiness Advantage*.
- Featured in *Harvard Business Review*, *The New York Times*, *Boston Globe*, *Forbes*, *CNN*, *FOX News* and *NPR*.
- Founder of *Good Think, Inc.*



ALIA CRUM

- Assistant Professor of Psychology at Stanford University
- Ph.D. Yale University
- Winner of Thomas Temple Hoopes Prize and the William Harris Prize

SPRINT OUTLINE

DAY 1 SCIENCE OF STRESS AND POWER OF MINDSET	DAY 2 STEP 1: SEE IT	DAY 3 STEP 2: OWN IT	DAY 4 STEP 3: USE IT	DAY 5 PULLING IT ALL TOGETHER
<ul style="list-style-type: none"> • The Science of Stress • The Power of Mindset • Benefitting from Stress • Misconceiving Stress 	<ul style="list-style-type: none"> • Introduction to the Three-Step Model • Step 1: See It (Acknowledging Stress) • Seeing Your Stress • Seeing Your Reactions 	<ul style="list-style-type: none"> • Step 2: Own It (Welcoming Stress) • Linking Stress with Meaning • Connecting Stress with Your Values • Sharing the Meaning Behind Your Stress 	<ul style="list-style-type: none"> • Step 3: Use It (Utilizing Stress) • Channel Your Stress Reactions • Find Opportunities in Your Stress • Adversarial Growth 	<ul style="list-style-type: none"> • Summarizing the 3 Steps • Leveraging Your Stress Signals • Stress Advantages • Stress Mindset Survey • Sustaining the Three-Step Method