

# Managing Stress, Anger, and Frustration Through Coaching

## The Consulting Team

Facilitating Positive Change

*The Consulting Team's Mission: Facilitating positive change by increasing effectiveness of leaders, teams, and organizations through consulting, coaching, conflict mediation, and training.*

**Dr. Marilyn Manning, CEO**

Our coaching during times of crisis or difficult change helps you maintain your effectiveness, maximize communication skills, handle stress, and foster can-do attitudes. Manage your stress and conflicts in productive ways. Improve your relationships through a series of sessions that will reduce the negative impact of stress and conflict.

### **The Consulting Team coaches give you:**

- Stress reduction techniques
- Communication skills
- Listening tools
- No-fail relaxation tips
- Elevated self awareness
- Feedback on how your emotions impact others

*"The Consulting Team always brings a unique and invigorating perspective. Their work in coaching supervisors and managers has proven to be very effective in changing negative behaviors and actions that can be a hindrance in the workplace. They are honest, insightful and non-threatening."*

- Karen McNamara, Public Services Academy, City of San Ramon

#### **Partial Client List**

Over 100 California Cities,  
Special Districts, and Public  
Agencies  
Arthur J. Gallagher Insurance  
California State University  
System  
California Water Service  
Contra Costa County  
Kaiser Permanente  
Meyer Sound  
Minami Tamaki, LLP  
Attorneys  
National Speakers Association  
Pacific Cheese Company  
Police Officers Standardized  
Training (POST)  
San Mateo County Sheriff  
State Compensation Insurance  
Fund  
Stanford University  
State of California  
Social Security Administration  
Synthetic Genomics

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