**Balance & Power, Inc.** has been addressing stress and anger management issues for two decades, for small to medium size business, corporately and in the educational and private sectors. She also facilitates the popular Workplace Bullying Prevention trainings and various workshops/programs that deal with common workplace issues. Bullying in the workplace has reached epidemic proportions - it is our goal to help eliminate these type of situations.

Eileen Lichtenstein, CEO, offers a variety of workshops to inspire professionals and their staff members, utilizing strategies and methods that have been proven successful in schools, the workplace, and home/personal situations that affect lifestyles. Eileen believes inner strength and being centered are keys to optimal productivity and happiness. She is a Certified Anger Management Specialist, accepted by the US courts, a former Biofeedback Practitioner, and former faculty member at Hofstra University.

Workplace Bullying Prevention: This workshop, and those listed below are held on your site, and include popular topics that may also "stand alone" (for trainings).

- **Learn How to Communicate Effectively**
- **Take the Frustration Out of Your Conversation**
- **Stress Management & Release Techniques**
- **Anger Management & Release Techniques**
- **Conflict Resolution**

**Additional Workshops:**

- **Stress Management: Coping Skills for Caregivers** - Stress and its impact on caregivers will be discussed. Emotional and practical considerations of care giving will be addressed. Caregiver coping and relaxation techniques will be provided.
- **Intergenerational Workplace Issues and Strategies:** This training will promote understanding of generational distinctions to generate positive and productive work environments.
- **Sensitivity Training with Value-Based Living:** This training brings value-based concepts into the forefront. The content is based on an international curriculum, [www.livingvalueseducation.org](http://www.livingvalueseducation.org); [www.livingvalues.net](http://www.livingvalues.net). Sensitivity Training helps people become more aware of their own prejudices, and helps them become more sensitive to others. Sensitivity training, also known as diversity training, is a type of program designed to help facilitate respect between groups that include people with different genders, religions, ages, races, or sexual orientations. Sensitivity training workshops involve lectures, discussions, and exercises to help those involved understand and respect one another.
- **Learn About and Participate in EFT** - Emotional Freedom Techniques is a great tool for emotional and stress management. You may find out more about EFT here: [www.balanceandpower.com/eft.php](http://www.balanceandpower.com/eft.php)
- **Time Management, Prioritizing and Goal Setting:** In this invaluable workshop and interactive discussion, participants will learn how to prioritize and use their time efficiently, thereby making it easier to set daily, weekly, monthly, and annual goals.
- **How to Laser Focus for Goal Attainment:** Learn how to deal with time vampires-bandits-thieves-robbers and deal with time effectively for goal attainment and optimal productivity! Transform procrastination with EFT (Emotional Freedom Techniques).
Strategies for all Balance & Power Trainings and Workshops are based on psycho-educational models. All programs are interactive and customized. We take the time to find out what your needs are.

Our popular training manual (and stand alone read) often accompanies these programs. Discounted rates for bulk orders.

"SOAR! with Resilience™: The Interactive Book for Overcoming Obstacles & Achieving Success"

[Available as Hard Copy, PDF and Kindle] This powerful interactive book will change your life! At last there is a book that interactively takes you through all the components of success.

Read more about: “SOAR! with Resilience™: The Interactive Book for Overcoming Obstacles & Achieving Success”

All programs and fee structures are customized

Here’s What People Are Saying About Eileen Lichtenstein's Workshops/Programs

"I knew the road that I had to go down. This class gave me the focus that I needed for the journey."
- Ibrahim Zahran, Nassau County Sheriff

"Those who attended the Mindfulness Based Stress Reduction Training Series felt better for having participated, and those who didn't said they wish they had." - KM, EAP, The New York Times

"Eileen's Presentation was very engaging and well received by all. We are living in an economic climate full of stress and endless things to do. Most people do not take the time out of their busy schedules to relax, balance and effectively manage the stress in their lives. Your program is highly recommended for all to become a well-rounded, balanced person." - Georgia Joseph-Grant, Director, Freeport Business & Professional Resource Support Group

"Eileen's seminars were interesting, informative and presented in a clear and unique way. The techniques she taught us are valuable techniques for reducing stress on the job.‖ - E.I., Associate Provost for Information Systems, Hofstra University

"I believe we all went away with some useful tips on balancing our lives and reducing our stress levels." - JB, VP Credit and Loan Administration, The Suffolk County National Bank

"I was impressed not only by your professionalism, but also by the personalized attention that each employee received from you during and after each session. You came very well prepared and your activities were interesting. Our employees were thrilled with your sessions. Many, with your assistance, have been able to reduce their stress in the workplace.‖ - J.H., Human Resources, Margolin, Winer & Evens, LLP

"We are working in a very difficult environment, and these types of seminars are helpful in teaching the associates ways to reduce the stress they are experiencing." - D.M.D. Human Resources Manager, ReliaStar Life Insurance

Eileen Lichtenstein is not a health professional or therapist; she offers these trainings and workshops as an educator, certified anger management specialist and performance success coach