

PAUL COOK

“The Covid Stress-Hangover Project”

An Inspiring Presentation About Processing Stress and Thriving In A Post Pandemic Workplace



As a radio personality, Paul Cook privately suffered from deep depression and anxiety. As with many, he was “coping” by self medicating with alcohol and drugs - to the point of near death. But eventually Paul was taught groundbreaking tools to help process his anxiety and stress. *“And as they say, life really took off from there! Well, until it didn’t,”* he says. *“I know I wouldn’t have been able to trounce colorectal cancer two times in the past four years if I hadn’t used those tools that saved my life back in 2002. And that’s exactly what I have been teaching thousands of parents since 2015.”*

Now, Paul’s goal is to show workplaces in the STL area the revelations he used to process stress and finally stop self medicating. *“I’m not a doctor, but I know how to overcome great fear and persistent anxiety. The pandemic has caused huge increases in substance abuse and other dangerous coping. Help your people see how to re-enter with even greater compassion and productivity!”*

HARVARD BUSINESS REVIEW: “If employers don’t address the sources of anxiety and assist employees in managing their mental health, bringing people back to work will do little to help companies return to pre-Covid productivity and engagement levels.”

OUTCOMES FROM THIS INSPIRING TALK:

- ✓ Laugh and get a release of that toxic stored tension. Become more aware of the risks of persistent stress and learn proven methods to help move it to more effectiveness.
 - ✓ You will signal to your staff that you understand and care about the presence of new stressors and fresh challenges in their lives.
 - ✓ Get answers on questions about the latest details of Missouri’s “Re-opening Order #8” from the MO Health Director.
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