

Don't Panic!

A Recipe for Success in Times of Stress

What happens when nine fascinating people with experience successfully navigating stressful situations at work come together to cook a meal? Insights simmer along with the food in **Don't Panic! A Recipe for Success in Times of Stress**. In this entertaining and thoughtful video, cooking serves as a metaphor for working through a challenge together. After the flames die down, the participants enjoy the meal they've created and share what they've learned from their dialogue.



The program examines five key morsels of advice:

Know Yourself

Know what you know, what you don't know, and the difference between these. Self-awareness is critical to successfully navigating challenges.

Build Support

Develop a network of people you trust and who trust you. Don't be afraid to ask for feedback and support.

Assess Your Situation

Realistically assess the situation you face. Filter noise and rumors from reliable information. Step back and interrogate reality.

Take Action

Don't be immobilized by fear. Be resilient in the face of a setback. Remember you always have options and that hope trumps fear. Look for opportunities in a crisis or difficult situation and pursue them.

Learn from Everything

Look for learning opportunities even in what may appear as bad news. Every shadow has a light source. Find it. Learning is the ultimate benefit from a challenging situation.



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- 24-minute video
 - As with all QMR programs, this course is available for online Streamed Learning or as a classroom package on DVD
 - The classroom version comes with comprehensive facilitation materials that include course outlines, training activities reproducible handouts, and PowerPoint slides



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