

STACEY CHILLEMI

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Keynote/Workshop/Virtual

"Managing Stress and Combatting Front-Line Burnout"

Abstract

Are you searching for an empowering speaker who equips audiences with actionable strategies to combat stress and burnout? Look no further! Stacey Chillemi is a renowned expert in stress management with over 25 years of experience. Through her personal experiences and research, Stacey guides participants on a journey of self-empowerment and stress reduction. Attendees will learn techniques to manage stress triggers, create self-care routines, maintain work-life balance, and build resilience. Stacey's dynamic speaking style and wealth of knowledge inspire positive changes in audience well-being.

"Great speaker! Enjoyed her presentations at the conference. Stacey is an excellent presenter. I thoroughly enjoyed her talks at the DDS conference we attended in Casper. I am looking forward to hearing more from her in the future."

- Tammy Gamino, Southwest Wyoming Recovery Access Programs

Learning Objectives:

1. Understand the impact of stress on physical and mental health.
2. Identify and manage stress triggers using effective techniques.
3. Create personalized self-care routines for stress reduction.

References

1. Natalie L. Boehm, MBA, RBLP-T, President and Founder, The Defeating Epilepsy Foundation, 909.740.4461, nboehm@defeatingepilepsy.org
2. Kayla Green, Project Management Analyst, Wyoming Governors Council on Developmental Disabilities, 307.777.7358, kayla.green@wyo.gov