

# Key Skills for Managing Pressure

## Introductory Seminar

The Art of Relaxation  
Enhancing Memory and Concentration  
Releasing Psychological and Physical Tension  
Accessing Critical Thinking Under Pressure  
Boosting Human Performance

with  
Stress Management Institute of Ireland

SPEAKER: Ray McKiernan M.A is a director, specialist skills trainer, lecturer, and training consultant with the Stress Management Institute. He is a certified Stress & Wellness consultant with the internationally renowned Hans Selye Foundation in Canada and has completed his clinical training in Mind-Body Medicine in the Harvard Medical School in Boston. Ray provides Stress Management training to the health care, pharmaceutical, financial, engineering and software industries and has provided specialist instructor training to the Defence Forces.

[www.stressmanagement.ie](http://www.stressmanagement.ie)

