

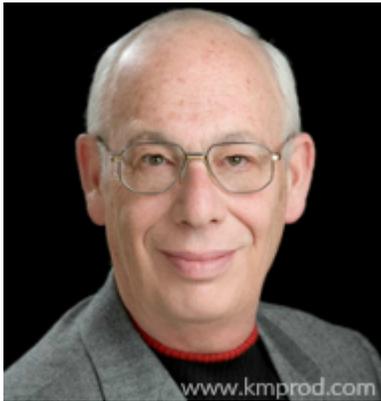


The Ultimate Corporate Event Company

905.831.0404

info@kmprod.com

<http://www.kmprod.com>



Canada's Leading Stress Management Expert

<http://www.kmprod.com/speakers/eli-bay>

Bio

Eli Bay is a world-renowned Canadian icon in the field of stress and change management - in fact the *Globe and Mail* newspaper has referred to him as "Canada's Stress Guru." A pioneer in the field of mind-body regulation and stress management, he has introduced tens of thousands of people to the surprising range of health and peak performance benefits that naturally result by regularly eliciting the Relaxation Response, a too often ignored inner strength that is not only scientifically recognized but easily accessible to everyone with the proper know-how and training.

Today, the most successful companies are well aware of the many benefits of high employee morale and a well-motivated, engaged workforce. Many of these same companies have also recognized the value in having **Eli Bay** provide them with highly-effective yet very simple-to-learn relaxation and stress management techniques through his keynotes and workshops.
[morelink]

Topics

Eli's programs teach "the Why" and "the How" of unwinding from stress and tension. As a general rule, the more time spent focused on performing the methods taught, the more empowered you will be to do it on your own.

In all of the following programs, techniques to trigger relaxation are taught. The longer the program, the more techniques taught. This cumulative experience of using several different methods to activate relaxation produces unusual tension release. This deep relaxation benchmarks the feeling of an exceptionally stress-free state, making it easier to achieve on your own after the program.

Eli Bay offers a number of flexible program options designed to suit various conference agendas and time slots:

KEYNOTE PRESENTATION

Duration: 90 Minutes [morelink]

BEYOND STRESS BREAKOUT: Mini

Duration 2- 2.5 hours [morelink]

BEYOND STRESS BREAKOUT: Half Day

Duration 3- 3.5 hours [morelink]

BEYOND STRESS BREAKOUT: Full Day

Duration 6- 6.5 hours [\[morelink\]](#)

Eli Bay is represented by K&M Productions. For [fees](#) as well as more information on booking stress management expert Eli Bay for a corporate event or conference keynote or workshop, [contact us](#).