**Title:** When ITS Sucking the Life Out of You - Stress Management Workshop for IT Security Pros
**Date/Time**: (½ Day) Thursday, April 12, 1pm-5pm

**Description**:
InfoSec is inherently stressful work.The lack of staffing, tension between security requirements and business needs and no clear wins create endless pressure and frustration. Chronic stress can lead to burnout and health problems. When you're burnt out it can feel like the life's been sucked out of you. The shortage of experienced InfoSec professionals only worsens when experience professionals burn out and leave the industry.

Positive and negative stress is a constant influence on all of our lives. The trick is learning to focus more on the positive and less on the negative. Participants will be shown how stress can be positive and negative and we'll look at the Triple A approach (Alter, Avoid, or Accept) that will form the basis of this workshop.

The Stress Management workshop will give participants options for addressing any stressful situation, as well as a toolbox of personal skills, including using routines and relaxation techniques. They will also understand what lifestyle elements they can change to reduce stress.

**Instructor:** Ed Eckenstein (@MichaelGoughTX)
Ed Eckenstein is the founder and principal consultant of Smartly Secured, LLC. Ed is a trainer and coach with experience in cybersecurity. He holds Security+ and SSCP certifications and has an M.A. degree in Information and Learning Technologies from the University of Colorado Denver. Ed serves as a board member of the Oklahoma InfraGard Chapter. His firm specializes in security awareness and staff development training.

Ed is a survivor of the Oklahoma City Bombing. Since that day more than two decades ago, Ed has been on a journey to incorporate his new-found resiliency into his life and work. Now, through individualized coaching, mentoring and support, Ed helps others gain these critical skills – as a Resiliency Coach, he works hand-in-hand with burned-out tech professionals, helping them grow their resiliency, reclaim their lives and reignite their career ambitions.

**Course Objectives:**
- Identify the best approach to a stressful situation (Alter, Avoid, or Accept)
- Understand what lifestyle elements you can change to reduce stress
- Learn to hunt the positive and focus less on the negative
- Use environmental and physical relaxation techniques
- Better cope with major events

**Course Outline:**
- Module 1 Understanding Stress
- Module 2 Creating a Stress-Reducing Lifestyle
- Module 3 Identifying the best approach to a stressful situation (Alter, Avoid, or Accept)
- Module 4 Using Routines to Reduce Stress
- Module 5 Relaxation Techniques

- Module 6 Coping with Major Events
- Module 7 Wrap Up

**Who Should Attend**:
Information security professionals

**Student Requirements** (what should they bring with them)
None