

FOSTERING ART AND CULTURE PROJECT
REQUEST FOR PRESENTATION PROPOSAL (RFP)

Creative Economy Summit III: Fostering our Local Economy: Art and Business in Partnership

March 23 and 24, 2011, Downtown Greenfield, MA

1. Workshop title: Coping with Stress for Business Owner or Entrepreneur
2. Workshop description and anticipated audience (businesses/artists/blend?): Blend

In this practical workshop, we will actually do simple de-stress techniques that you can use when feeling overwhelmed, and stressed at work. As a former business owner myself, it's clear that to successfully manage our career one needs tools to avoid burnout or succumbing to Type-A personality stress illnesses. This is from a workshop that I've taught numerous times in offices called "Deskside Stretch" done in business clothes. We will do simple shoulder, arm and hand exercises, relaxation practices and a mindfulness awareness technique. These practices that can be done in minutes will recharge your mind and clear your thinking allowing you to make decisions and finish projects with more ease.

3. List at least 3 benefits to participants:

- Increased ability to recognize stress and know techniques to deal with it
- Minimize physical tension in shoulders, arms, hands that can lead to physical problems
- Increase productivity

4. List technology and supplies utilized in presentation: (for appropriate venue selection)

A simple white board or surface to write on. Markers.

4. Select your preferred length of presentation: (please circle) **45 minutes** 75 minutes 90 minutes
5. Select your preferred day to present (please identify 1st, 2nd and 3rd choices) **I'm actually totally flexible**, it would be most helpful perhaps towards end of day after lots of sitting.

Friday	Preferences
11:00-12:30	

2:00-3:15	1 st
3:30-4:45	2 nd
Saturday	
11:00-12:30	3 rd
2:00-3:15	

7. Do you have a minimum/maximum number of participants for your workshop? No.

7a. If yes, what is the number of participants? Maximum# _____ Minimum# _____

8. List the names of presenters and area of focus for each: Kala Viv Williams, solo presenter

9. Describe previous workshop presenter, teacher or trainer experience: (experience is not mandatory for selection)

6 yrs, academic teaching at community college, 17 years yoga teacher/stress management workshops at colleges, health clubs, and business settings. See resume.

10. Contact Information

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11. Please attach bio and or resume with proposal.

Questions?

Becky George, Creative Economy Summit Coordinator

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