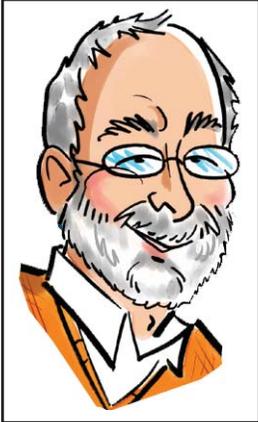


The Stress Less Shrink



I work with organizations wanting a more productive workplace that has reduced stress, improved communication and loyal, happy employees. I do this through my content-rich, fun-filled programs.

What Clients Have to Say

“A unique and practical approach to a difficult subject, done with humor and class.”

— David Eskin, M.D., emeritus chief of staff,
Abington Memorial Hospital

“Dr. Schwartz has been a real asset to Abington Memorial Hospital’s speakers’ bureau. He is well prepared for each audience and his talks are engaging and humorous. As important, he is a pleasure to work with.”

— Beth Ann Neill, Director, Public Relations and Marketing,
Abington Memorial Hospital

“Dr. Schwartz is amazing! His message about how to create a better work environment was right on target. His delivery was so funny that he provided more laughs than the best stand-up comedian.”

— Robert R. Bingham, President, CEO,
The Little Gym International Inc.

“Dr. Schwartz’s talk on using humor to deal with stressful situations was both informative and entertaining. I highly recommend him and personally enjoyed the session very much.”

— Rabbi Stacy Eskovitz Rigler, Director of Religious
Education, Reform Congregation Keneseth Israel

Stress-Less Programs

Choose from my three high content programs:

ADHD (Adult Deficient Humor Disorder)

- Discover how reducing stress saves money and increases productivity.
- Recognize the signs and consequences of stress on the job and in your life.
- Familiarize yourself with the physiology and psychology of humor.
- Realize that stress and humor can’t co-exist.
- Learn how humor turns helpless into hopeful.

Peanuts for Physicians

- Change from Diseaseologist to Physician.
- Become skilled at how to “Elephant Proof” your hospital and practice.
- Understand behavior that turns your patients and co-workers off.
- Recognize the value of showing your feelings.
- Learn how “Listen” and “Silent” are related.

ABCs of MDs with PMS

- Gain knowledge of the characteristics and consequences of disruptive behavior.
- Recognize the physician stereotypes and how to deal with them.
- Discover factors that influence and perpetuate disruptive behavior.
- Cultivate a culture of teamwork.
- Meet communication challenges head on.

Joel Schwartz, M.D., almost flunked out of nursery school because he was unable to sit on his carpet square on the floor. Despite this squirminess, which continued during his tenure at Franklin and Marshall College and medical school, he was Phi Beta Kappa. Today, he spends his time speaking to groups about how to handle stress. Clients include hospitals, nursing groups, doctors and businesses whose employees need help with their own squirminess!

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