



Center for
COMMUNICATION, COLLABORATION & CREATIVITY
at Texas State University

C3 in collaboration with The Department of Theatre and Dance presents...

Clarity, Confidence & Creativity: New Information on Dealing with Stress versus Stress Dealing with You!

Thursday, January 22, 2015

9:30-12:00

Alkek 105-106

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Everyone has heard the statistics . . . 75% of professionals describe their lives as "very stressful" and with the pace of change and increased demands on our time, chances are good that it's just going to get worse! Plus, even though everyone is experiencing more stress than ever, they are also tired of traditional "stress management" and people giving them simplistic answers to life's complex problems.

In this presentation, psychologist Dr. Bill Crawford addresses this problem by first explaining why this level of stress and frustration is so prevalent, and why so much of the advice about how to deal with these problems will never work! Then, using a conversational style that is free of psychobabble, he introduces new information in the form of a comprehensive system for dealing with stress and accessing the clarity, confidence, and creativity necessary for success in today's world.

Bio on Bill Crawford, Ph.D.

In addition to holding a doctorate in Psychology from the University of Houston, Dr. Crawford is a licensed psychologist, author of four books, organizational consultant, and life coach. Over the last 26 years he has created over 3300 presentations for such organizations as Sprint, Shell, The American Medical Association, PBS, and many other organizations and professional associations both nationally and internationally. He has a unique perspective on life that he shares with such humor and energy, he is constantly referred to as the "Steve Martin" of psychologists. In addition, his two PBS specials have been seen by over 15 million people and he has been quoted as an expert in such diverse publications as The New York Times, Entrepreneur, Investor's Business Daily, The Chicago Tribune, Self Magazine, The Dallas Morning News, and Working Mother just to name a few. billcphd.com

Questions: Please contact Lisa Westerbeck at 512-245-1356 or lwesterbeck@txstate.edu.



Bill Crawford, Ph.D.
Psychologist, Speaker,
Corporate Trainer, & Executive Coach