



# SUSAN KOZIAK

STRESS LESS EVENT PRODUCER  SPEAKER

**“An estimated 1,000,000 workers are absent every day due to stress.”**

*American Institute of Stress*

*Tight deadlines, longer hours, ever increasing demands and overtime due to staff cutbacks and layoffs, lack of job security, pressure to perform, constantly having to innovate to keep up with the competition...*

**Stress causes a spike in adrenaline and cortisol levels resulting in overwhelm, loss of focus, trouble concentrating, feelings of anxiety, depression, irritability, all which can affect your employees performance, ability to function, and can lead to costly mistakes.**

**BOOK a high energy heartfelt speaker who shares powerful, real life stories that help people arm themselves for the next stressful situation.**

**Call Today: (818) 275-1063**  
**stressless@koziakproductions.com**

*Looking for ways to increase job satisfaction, improve employee retention and create a more effective workforce?*

## BOOK THE “STRESS LESS EXPERT”

Susan Koziak has over 30 years experience in the event industry, the #5 most stressful career right under military, emergency responders and airlines pilots, according to Forbes. Susan understands the pressure you are under and effects of stress on your workforce. More importantly, she knows how to transform this anxiety in a way that will leave your team empowered and ready to take action.

### WHEN YOU HIRE SUSAN YOU WILL:

- Learn rapid, effective and easy anxiety and stress relieving techniques
- Move through procrastination and resistance to stay in constant action
- Navigate work and life events with more ease and grace
- Spend less time managing issues and more time innovating
- Find passion, purpose and joy even in the most mundane tasks
- Develop a motivated workforce with increased focus and productivity

**“Susan shared an arsenal of tools to help my team increase focus and productivity while managing the stress of high profile clients with ease and grace.”**

*~ Danielle Cantin, Founder of Yes And Marketing Agency*

Susan’s inspiring keynotes and seminars combine principles of high performance and the importance of self-care for a holistic, balanced approach to business, energy, mindset, emotions and physical health.

WARNING: Employees may experience such side effects as decreased levels of stress and anxiety, improved sleep quality, sharpened memory, less procrastination, enhanced creativity and heightened productivity as a result of increased focus and concentration. May see improved employee relations which may result in a more productive work force and increased employee satisfaction and retention.





“ Susan is a naturally gifted speaker with a level of comfort, charisma and ease that very few speakers possess. Her spontaneous ability to play with the audience and create in the moment makes us feel like we are engaged in a conversation! ”

*Tiamo DeVittori, Motivational Speaker, Singer, Songwriter, Founder and CEO of Fearless Speaker Academy*

“ Susan is a clear, engaging, and impactful speaker. She connects with her audience, imparts wisdom, encourages action, and fosters a sense of community. She naturally creates an energy of togetherness with her as we all work towards being the best version of ourselves. ”

*Michael Schreiber, Founder of Stage Success*

“ Susan is heart centered, compelling, authentic and inspiring. Her message will leave an imprint on your soul that is long lasting and truly transformational! ”

*Makayla Léone, #1 Best-Selling Author, Keynote Speaker & Wellness Enthusiast*



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