



Nathan Tabor

The Anxiety Trap

Speaker | Author | Trainer | Consultant | Facilitator

One of the biggest problems facing today's American worker is dealing with anxiety in the workplace. Anxiety over performance, anxiety over competition, and anxiety over relationships with bosses and co-workers can all contribute to making the workplace a dreaded environment. When this happens the person and the business suffer.

There was a time in my life when I couldn't go more than a few minutes without having an anxiety attack or feeling deep worry about some matter. My first thought each morning was filled with anxiety, thoughts throughout the day were filled with anxiety and my final thought of the day was also filled with anxiety. This is no way to live!

Does anxiety affect people at work?

56% say it affects their performance at work
43% say it affects their relationships with superiors

Does anxiety affect people after work?

75% say workplace stress affects their personal life
70% say workplace stress affects their marriage

Main "culprit" of workplace anxiety?

55% report deadlines
53% report management tension
50% report confusion with tasks
49% report dealing with problems

Methods used to cope with anxiety?

30% take prescription medication
27% smoke more cigarettes
23% take over-the-counter medication
20% consume more alcohol

Get Ready to Change the Way You Work & Live!

"Nathan Tabor is *well spoken* and *highly knowledgeable*. He has the ability to *motivate you* into personal action with simple truths."

--Brian Bonds, Past President, SC Society of Professional Land Surveyors

"I *highly recommend* Nathan Tabor for anyone wanting to *reach the next level!*"

--Melissa Garrett, American Express Director, Learning Performance Measurement

Nathan has been recognized by the following groups for his business success:



About Nathan Tabor

Nathan has founded, developed and sold 25 businesses since 1999 that have grossed over \$150 million in sales through commercial real estate acquisition and redevelopment, automobile sales, nutraceuticals, web-based marketing and design, and strategic partnership facilitation.

- Consulted on deals valued at over \$200 million
- Delivered over 250 speeches and workshop trainings
- Sold his personal blog to a publicly traded company
- Founded and chaired the National Digital Media Summit
- Delivered over 1 billion client emails and built over 200 websites
- Bought, renovated and flipped 26 apartment complexes
- Been married since 2003 and has one daughter



7 Steps to Help Supervisors Reduce Anxiety in the Workplace

1. Listen and Act
2. Inspire and Motivate Others
3. Lead with Integrity
4. Address Problems Immediately
5. Provide Clear Direction
6. Build Relationships
7. Invest in Others

7 Steps to Help Individuals Overcome Anxiety in the Workplace

1. Talk with Someone
2. Educate Yourself
3. Avoid Toxic Coworkers
4. Take Breaks
5. Set Boundaries Upfront
6. Be Goal Oriented
7. Communicate in Writing

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Speaker, Teacher with
the John Maxwell Team"

**Disclaimer: Some individuals may have a medical condition(s), and it may be necessary to seek the help of a medical doctor or other trained professional.*