

STRESS LESS

"There is more to life than increasing its speed" Gandhi.

Dates: 30th October 2012 – London
1st November 2012 – Birmingham

Duration: 1 day
Price: £395 + VAT each
£350 + VAT for bookings of 3 people or more
(max 20 delegates)

Do you feel that your stress levels have increased recently?
Do you suffer from tiredness and have mood swings?
Do you wish you simply had more time to relax and enjoy life?

If so, then this programme is for you!

This stimulating one day programme will educate participants on key stress factors in their life and provide practical help and advice on ways to minimise negative stress. Moreover it will allow them to explore different tools to support their resilience to stress and turn negative stress into a positive force for engagement, motivation and focus.

By the end of Stress Less you will be able to:

- Identify and measure your stress levels
- Recognise the triggers that propel you into a stressed state
- Develop your own personal toolkit that steers unhealthy stress into a healthy stress zone of focus, engagement and motivation
- Perform to your utmost ability unhindered by the negative influences of stress
- Practice a range of exercises to reduce stress in your life
- Select the foods and drinks that support a healthy physical and mental state
- Recognise the consequences of long term stress on your health
- Reduce your risk of suffering from a health related illness induced by stress

***If you want to feel free from stress, positive, focused and energised....
SIGN UP NOW!***

Spaces at these sessions are limited so please contact sam@thewellbeingproject.co.uk or download the <http://www.thewellbeingproject.co.uk/bookingform-stressless.php> to reserve your place.

