The ABC of Managing Stress
Workshop Description

Who it is for:

Anybody who wants to learn more about stress or wants to deal better with stress, whether at work or at home.

What you will learn:

- ✓ Understand stress and how it affects your body and mind
- ✓ Learn how to relieve the symptoms of stress
- ✓ Identify what causes you stress
- ✓ Become aware of the impact of your thoughts, beliefs and perceptions
- ✓ Practice relaxation techniques
- ✓ Get advice on a healthy work-life balance

What you will do:

The workshop includes theory, exercises, practicing relaxation and breathing techniques, and there is time for questions and discussions.

What others have said:

"Fab! I will recommend you to colleagues and friends."
Lesley, Retail Consultant

"Thanks for a very useful afternoon. I particularly enjoyed the relaxation techniques."
Sara, Occupational Health Nurse

"Attending your workshop gave me lots of new ideas for my own courses!"
Alison, Lecturer

"An all-round valuable experience. There was also that special underlying 'buzz' that people would actually take those next steps to a happier life." Sue, Spiritual Healer

About your trainer:

Irene worked in the IT industry for over ten years before re-training in NLP, clinical hypnotherapy and cognitive behavioural therapy. She set up her own practice in 2004, providing counselling to individuals, and workshops, talks and coaching to a variety of organisations.