



# CREATIVE STRESS SOLUTIONS!

## TRAININGS & WORKSHOPS IN STRESS AWARENESS & HOW TO SUCCESSFULLY MANAGE IT!

Our workshops are designed and delivered specifically to facilitate a creative approach to identifying and managing, or resolving stress in the individual, or team. We achieve this by a series of exercises and challenges that stimulate effective outcomes for the individual/s. Some of these are outlined below:

- A quieter & calmer mind
- More clarity & focus
- Improved performance in professional & personal life
- Ability to cope with pressure more effectively
- Greater productivity
- Increased energy levels
- Managing feelings & emotions
- Less tension
- Improved sleep
- Ability to relax & switch off
- Better concentration
- Enhanced creativity

All attendees will also be introduced to the art of relaxation and other stress management practices, and will receive a relaxation CD and a post workshop resource pack.

The workshops are delivered as full day trainings, or can be customised as a ½ day session, depending on your requirements. Up to 14 people can attend (although larger groups can be negotiated) and the cost is very affordable at £475 for a full day and £290 for a ½ day (based on in-house costing).

For further information, or if you have any questions please contact via the options below:

Tel: 07980 262 223    [www.holistic-coaching.co.uk](http://www.holistic-coaching.co.uk)    [co-create@holistic-coaching.co.uk](mailto:co-create@holistic-coaching.co.uk)

*“Good health is not just about adding years to your life, it is also about adding life to your years”*

Deepak Chopra

