



WAKENING

— PERSONAL DEVELOPMENT & LEADERSHIP COACHING —

Corporate Seminar - From Stress to Success

Duration: 3 Hours

A powerful seminar that will inspire you to move beyond the challenges you face, by viewing your life differently. "From stress to success" will move you away from anxiety and worry and towards your goals and purpose.

You can look forward to the following powerful discussion points in this seminar:

The Power of the Present Moment

You will learn how to live in the moment, and use techniques to help you enjoy these moments. Focus will also be given to the challenges we face in life, as well as their purpose.

'Stress Buster' Techniques

Practical tools can be used to conquer worry. Each action step implemented immediately releases anxiety and stress.

The Effect Stress Has on Your Life

What happens if you live in worry? This will result in numerous effects on your body and mind. There are ways to reduce this stress by means of thoughts.

Moving Away from Criticism

Realising who you are, and what values and beliefs are important to you, despite the opinions of others, is a fundamental step towards your personal and professional development. Learn how to use any criticism from others to strengthen yourself.

"Become independent of the good opinion of others." – Dr. Wayne Dyer

My New Stress Free Life

Create a plan to live life fully in the Now.