

Managing Stress

An introduction to stress management

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, and 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. After re-training in clinical hypnotherapy and cognitive behavioural therapy and NLP, she set up her own practice in Welwyn Garden City in 2004. Since January 2005 she has been a volunteer therapist for Anxiety UK. Irene is a member of the NHS Directory for Complementary and Alternative Practitioners, a member of the British Society of Clinical Hypnosis, and associate member of the International Stress Management Association. Apart from private clients, Irene has provided talks, workshops, stop smoking clinics and one-to-one counseling for corporate clients.

How to book:

To book or for more information call 07905 255 333 or e-mail info@welwyn-hypnosis.co.uk.
