

overview

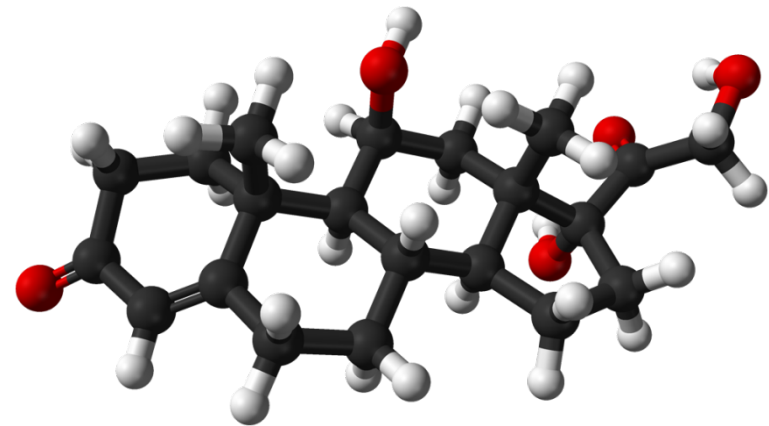


Do you know how to cope with Change? Manage stress and maintain Wellness?

Are you experiencing feelings of burn-out, depression, or habitual negative emotions?

program outcomes

- } Understand neurological stress, physical stress, psychological stress and interpersonal stress
- } Understand how stress influences “you” personally
- } Identify stressors, sources and symptoms of stress
- } Use 10 tools to combat habitual negativity and stress
- } Manage stress with brain integration techniques and activities
- } Balanced life style: work/life/sleep
- } Cope more efficiently with change
- } Understand how stress influences your brain
- } Identify different types of stress
- } Identify symptoms of stress
- } 11 Brain-based coping skills



2 Days

