



Workshop Abstract

Session: Stress Management and Life Balance

Life is demanding and it can take a toll on even the best of us. High stress can impact focus, happiness and performance. The goal of this workshop is to equip participants with the insights and skills necessary to reduce stress and create better life balance.

Our Workshop

In this interactive session participants will:

- ✓ Gain insight into the psychology of worry, anger and paralysis
- ✓ Learn 7 proven tactics for decreasing stress
- ✓ Practice recharging techniques to overcome fatigue
- ✓ Assess their life balance and make personal commitments to change
- ✓ Focus on specific tactics for gaining perspective
- ✓ Study ways to move from emotional reactions to proactive wise decisions

Contact information

For further information on these sessions feel free to contact us at Advantage Coaching & Training, Inc., 480 East Roosevelt Rd; Suite 105, West Chicago, IL, 60185; phone: (630) 293-0210 x 102; email: info@advantagecoaching.com.