



Webinar Events *live & interactive*



Banish Stress and Get Mindful!

Presented by: Debbie Austin

Delivered as: 3 modules of 90 minutes, as a complete course or individual stand-alone modules

Suitable for:

Stress is endemic right now and so this is for anyone, at any level, who would like to deal with pressure more effectively and would like to learn the art of more mindful behaviour. This applies equally to work, home and life situations as we explore appropriate techniques to manage, reduce and cope with stress levels of yourself and others.

Module 1: Releasing the Pressure

You will learn:

- How to cope with life's pressure levels successfully
- Investigating your own stress levels and the cause and effect
- Reaction v Response
- Explore mindfulness techniques
- Action points

Pre – course Consider a stressful situation and how you reacted. If you could consider any personal improvements, what would they be?

What next?...

- Complete Well-being
- Rebuilding Confidence

For more information or to book please call **020 7256 6668** or email enquiries@gbclearning.co.uk