

Hi, I am Maud and my son Hugo is in grade 2. As a counselor and life coach I help men and women create inner stability so they can make a stand for themselves and let go of what doesn't support them anymore.

I offer regular workshops and growth programs and I thought this short online workshop would maybe interest some of you so here is a little presentation of it.

Feel free to contact me if you have any questions ☺ Thanks. Maud



LESS STRESS IN YOUR LIFE IS POSSIBLE !

Half-a-day online workshop

Learn how to start building a more relaxing life



Modern life can bring a lot of stress.

Increased pressure at work and of family commitments, possible tensions in our relationships, multiple activities and errands, long daily commuting, possible financial pressure, lack of time for oneself, worries... the list can be long.

How can we face all of this, or better still, how can we avoid being overwhelmed, frustrated or worried by it all?

In this workshop you will:

- Look realistically at the stress in your life
- Clarify how to achieve a less stressful life and what your resources are
- Explore the practical solutions you can put in place right now
- Super-charge your motivation and self-confidence to build a more relaxing life for yourself

Why you may want to take this workshop

- You would like to succeed at creating more "me" time in your life
- You would like to manage stress better
- You would like to slow down, for a less hectic and -at times overwhelming- life
- You would like to improve your ability to set priorities or say "No" when you want to

Date: Sunday July 25, 2021 **Time:** 1pm - 4.30pm **Online** **Cost:** \$140 (\$100 concession)

Register by: Wednesday July 21, 2021. A deposit of \$50 must be paid to register a place in this workshop.

Payment can be made through PayPal via the webpage: <https://www.maudbr.com/less-stress-is-possible> or by contacting Maud on 0401 057 669; maud@maudbr.com