



Break Free NLP and Yoga

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Information Sheet on Stress Management and Relaxation Workshop

Got a stressful job or stressful life? Find it difficult to manage your time effectively or to say 'no' to people? Find it difficult to wind-down after work or to sleep at night? This workshop uses neuro-linguistic programming (NLP), yoga and other techniques to deal with all of the above, and more, to help eliminate the sources of stress in your life. It will help you change your conditioned patterns of dealing with stress. Basic relaxation techniques will also be taught.

The Break Free NLP and Yoga *Stress Management and Relaxation Workshop* is three hours in length. It is designed to install a new strategy for dealing with stress and eliminate the beliefs that cause stress in the first place.

Some of the specific topics that are dealt with include:

- what is stress and stress management
- becoming aware of physical and mental reactions to stress
- how to combat stress
- effective prioritising
- what's important to you in life
- quick relaxation exercises for immediate effect
- dealing with negative self-talk
- beliefs which cause stress
- negative emotions which cause stress
- dealing with overwhelm
- assertive communication
- modelling a person who stays calm
- setting goals for the future.

You will also learn some 'take home' techniques for use on an ongoing basis.

Break Free NLP and Yoga *Stress Management and Relaxation Workshops* are held regularly in various locations around Sydney. Please call Toni Payne on 0407 495 206 for further details.