

Stress Reduction & Burnout Prevention Workshop



Stress is a silent killer. We know when we are “feeling” it. We generally know what causes us to be stressed, and sometimes we do not know. Often times, we **feel powerless** to deal with it and get rid of it. Too often we just accept “that’s the way it is” for our lives and thus **remain stuck** in the vicious cycle that stress causes.

There is a Solution.

This workshop is designed to start to raise your level of awareness on the **Knowledge, Tools, & Techniques** on HOW TO DEAL WITH and GET RID of the stresses in your life! We will share and explore the Values, Mindset, Habits, and Resources immediately available to you to “Feel” and actually “Be” happier, healthier, and less stressed-out.

Do Not wait until you’re *BURNT-OUT*. The possibility of Health, Happiness, Vitality, and Freedom start NOW!

Saturday, March 7th, 2pm-3pm
&
Saturday, March 28th, 12:30-1:30pm

Both @ EVER’MAN EDUCATIONAL CENTER, 350 W Garden St

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