



STRESS MELTING : 1 or 2 day courses

Your guide to managing the pace and pressures of daily life, coping with traumatic events and finding your personal bliss.

Discover five stress-melting techniques that you can apply, simply and effectively for maximum benefits, easier than you think.

Practice these techniques regularly and you will notice ever increasing improvements in your ability to cope with life and better still, to feel more balanced, happier and healthier, more of the time.

Is this course for me ?

Yes, if you are noticing any of the mental, emotional or physical signs of stress, such as feeling tired, irritable, emotional, unable to cope, and/or if you are suffering from minor or major physical health problems, and you want easy, flexible methods of improving your health and well-being, that you can practice effortlessly in the time you have available.

CONTENT

Each course is tailored flexibly to suit the participants and will include the elements of maximum benefit to you that can be fitted into the time available. These include:

- * Five practical techniques for stress reduction:
 - centering
 - breathing
 - progressive muscular relaxation
 - re-framing
 - creative visualisation
- * Accessing your inner resources and rehearsing future situations
- * Using unconscious processes to install stress melting behaviours
- * Changing your internal dialogue

2 day Stress Melting course option includes:

Causes and effects of stress: understanding how stress affects both mind and body and undermines your health and well-being enables you to notice early warning signs and catch imbalances before they develop into serious problems.

Blissful life planning – designing a stress melting programme to suit your lifestyle and temperament.

Individual consultations are also available, please call to discuss.

TRAINER:

Susanna Bellini has extensive experience and training in this field, and draws on her training as a counsellor, hypnotherapist, master practitioner and trainer of neuro-linguistic programming, stress management consultant, Silva Method practitioner, healer and more. She has 14 years experience of business and personal development training work in this field, and 9 years as a personal therapist.