

## ABC ANTI-STRESS

An approach allowing you to acquire more inner security, which is an essential condition enabling you to realise your potential, take relevant actions, develop constructive relationships and meet your goals, whether professional or private.

The proposed support is broken down in two phases.

**Eye-opening:** this 1-day workshop to acquire the theoretical basics and start to build your personal anti-stress toolbox.

**Integration:** a follow-up to maintain momentum, expand your toolbox and forge a strong and long-lasting anti-stress practice. This integration phase is optional and is available either in individual sessions or in a group.

## PATRICIA SPELTINX

EMCC accredited coach

Puts her long experience of stress in the professional environment at your service!



# COPING WITH PROFESSIONAL PRESSURES THANKS TO ABC ANTI-STRESS

*A one-day practical, eye-opening workshop. You will have the opportunity to stand back and acquire simple and efficient tools to cope with professional pressures with more serenity.*

## IS THIS WORKSHOP FOR YOU ?

You think that professional pressures are inevitable, are part of the daily life of any committed and conscientious professional, arise from many and varied situations, including the most exciting challenges.

On the other hand, you realise that progressively and insidiously, tensions start to mount and discomfort takes root. Gradually the impact begins to be felt on the quality of your life, the quality of your relationships and maybe already on your health or your performance.



Do not wait any longer. Come and discover simple and efficient ways to free yourself from unnecessary tension.

**Why keep being affected when it is possible for you to take action ?**

## WHAT WILL YOU GET OUT OF IT?

- ✓ You will take time to stop, **stand back** and consider your own way to manage or maybe to not manage the inevitable daily pressures.
- ✓ You will acquire **simple and practical tools** to introduce to your daily life in order to better cope with stressful moments without accumulating unnecessary tension.
- ✓ You will understand that stress is not fate and you will be in a position to **permanently change** your ways to react to daily pressures.
- ✓ You will be on the path to **increased performance** Whilst respecting your **personal balance**.

## CONTENT

---

The purpose of this eye-opening workshop is to set you on the path of the ABC anti-stress, a path that, ideally, will be pursued after the workshop. The content has been carefully selected for you to acquire the theoretical and practical basics of ABC anti-stress.

Our programme will be as follows:

- ✓ Pre-course work: personal situation review  
*Based on a questionnaire provided before the eye-opening day, identification of stressful situations, personal reactions and consequences.*
- ✓ Introduction to the day
- ✓ Theoretical ABC  
*A deliberately short moment, to address a summary of the essential points of theory and understand the brain mechanisms that limit us or make us grow.*
- ✓ Practical ABC  
*A selection of cognitive and neurophysiological tools.*
- ✓ Outcome of the day and closure  
*Review of the learning points of the day and set up objectives to sustain the gains in the long term.*

See dates and practical details in [calendar](#).

Booking and information by [email](#).

Can also be organised in-house. Contact me for an offer by phone, [email](#) or via the [contact](#) page.

### SOURCE

The content is based on a synthesis of personal experience, sound theories, established principles and scientific foundations including the latest neuroscientific developments.

### TWO AXES

Developed together to combine intelligence of reason, heart and body.

**Cognitive:** to identify stress-inducing thought patterns and replace them with a way of thinking which is closer to reality.

**Neurophysiological:** to call on the body through simple and effective exercises (e.g. breathing, relaxation, mini-meditation ...) to mitigate the physical effects of stress, calm the mind, retrieve serenity and thereby opening access to your full cognitive potential.

