

# Modern Stress Management Self Help Workshop

Looking for help for stress management?



This one day introduction to Modern Stress Management training will give you effective self-help techniques to return you to clarity, relaxation, well-being so you can get on better in your life and your work. Stress awareness together with a detailed personalized stress assessment and effective techniques to combat stress are the first steps to taking back control of your emotions and your life. Further stress

management training is available for those who are interested.

MSM Modern Stress Management Intro Workshop

Lead by Internationally trainer Maria LiPuma, MSM Facilitator

This Workshop Will Bring You:

- ~ Less stress
- ~ More energy
- ~ Stress awareness
- ~ Detailed personal stress assessment
- ~ Take home skills for stress management
- ~ A way forward to further empower your life

Module 1 Personal Stress Assessment

Stress Awareness and Symptoms

It's All About Your Energy Flow

Your Detailed Personal Stress Assessment

Module 2 Improving Your Energy

Techniques that Work to Release Stress

Techniques that Work for Positivity and Improving Energy Flow

Heart Centered Stress Management

Positive EFT

Positive Energy Antidotes

Take a Mini Holiday in your Mind

Module 3 Spheres of Influence

Is it all your own stress?

Relationship bubbles

YES Language to raise other people's energy

Building good relationships

The Energy of Leadership

Empowerment and Mastermind Groups

Module 4 Energizing Your Future

Goal Setting to State

Setting a Personal Goal

Raising Energy for Taking Action

From Stress to Success

1 Day Workshop \$95 per person.

And includes: Full color workbook introducing MSM Modern Stress Management plus A FREE Gift of a Stress and Energy Monitoring Wrist Band

This 1 day workshop is an introduction to Modern Stress Management and Modern Energy principles. Further workshops and training are available.



*Maria LiPuma, AMT Guild of Energists Trainer, EFT Master Practitioner,*  
[info@noble-being.com](mailto:info@noble-being.com), [www.noble-being.com](http://www.noble-being.com), 541-201-8787