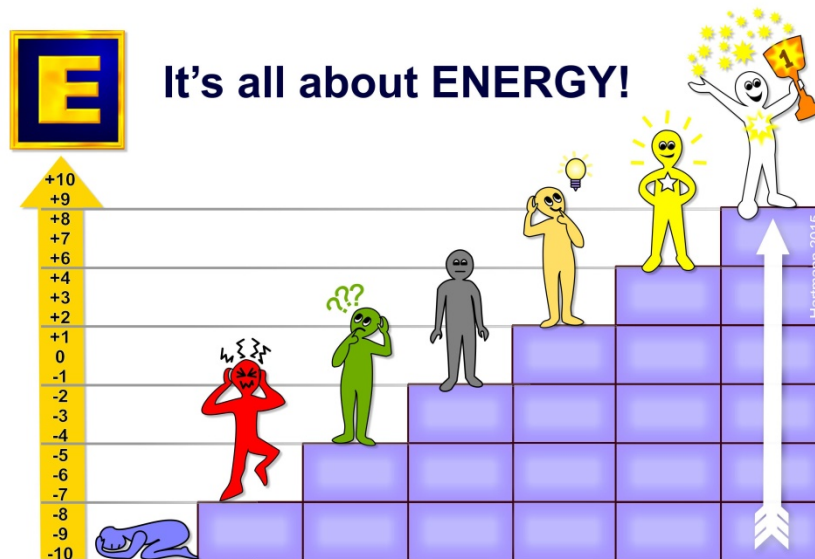


# Get Ready to Transform Your Stress to Success

## MSM Modern Stress Management Foundation Day for Self Help Skills

With AMT Guild of Energist  
Trainer Maria LiPuma



This empowering course brings great self-awareness about stress and through a range of practical exercises; participants learn and apply a range of techniques for releasing stress and raising energy.

Raising energy leads to greater happiness, fulfillment, performance, relationships and activates natural talents and abilities. As well as improving their state in the course of the day participants take away important self-awareness, understanding and skills to be able to identify stress signs and take control of their emotional state on an ongoing basis.

### **Modern Stress Management is Heart Centered**

By changing the old paradigm of 'a bit of stress is good for you' which has long term negative consequences to individual wellbeing and performance to the new paradigm of 'NO stress is good for you' we enter a new heart centered era which ensures individual health and safety, and positive improvements in personal

performance, physical performance, social performance, leadership and the things that money can't buy satisfaction and happiness, success and love of life.

## **Four Exciting Units Cover**

### **Unit 1: Measuring Stress**

- Welcome to Modern Stress Management!
- What Is Stress?
- Emotional Stress
- Where Do Emotions Come From?
- It's All About Energy!
- Measuring Stress
- Very Low Energy
- Emergency Energy
- Stress
- The Zero Point Of Nothing
- Low Positive Energy
- Positive Energy
- High Energy - The Even Flow
- Many Aspects
- Energize Your Life!

### **Unit 2: Energize Your Life!**

- Recognizing Stress
- What Raises Your Energy?
- Start With The Heart!
- Energy Breathing
- The Here & Now Exercise
- Energy EFT
- The Perfect Place
- Energy Is Free!
- Positive Energy for You!

### **Unit 3: De-Stressing Other People**

- Good And Bad People
- We Are Not Alone ...
- Group Bubbles
- The YES! Principle
- Your Happiness Matters!
- Modern Leadership
- The Master Mind Group

### **Unit 4: A New Energized Future**

- YES! You Can!
- Positive Futures
- From Problems To Solutions
- Energizing Aspects
- Protecting The Future
- Modern Stress Management In Conclusion

This four-unit course features a full-color manual. Participants will learn the fundamental Modern Stress Management techniques to help combat the stress epidemic.

On completion of this course you will be presented with your Modern Stress Management Foundation certificate and be awarded a year's GoE Standard Membership, which gives you access to the members group, valuable learning resources and also receive the magazine The Energist.

Maria LiPuma is an AMT certified EFT Master Practitioner and Energist Trainer, Modern Stress Management Facilitator, Matrix Reimprinting Practitioner and Advanced PSYCH-K® facilitator.

Maria LiPuma, Modern Stress Solutions, EFT Master Practitioner, Matrix Reimprinting, [info@noble-being.com](mailto:info@noble-being.com), [www.noble-being.com](http://www.noble-being.com) , 541-201-8787