

De-Stress? "Yes!"

5 Leverage Points to Lasting Freedom

True
You
essentials



TRUEYOU
essentials

De-Stress? Yes!

5 LEVERAGE POINTS TO LASTING FREEDOM



THE ESSENTIAL ADVANTAGE
Bringing the True You to Life™

Get what you need to get out of the stress mess once and for all. You will learn:

- The 3 dimensions of mindful organization that reinforce True You
- How to harness and direct the awareness feedback loop for focused achievement
- The surprising truth of mind/body/spirit balance in modern life (Yes, it does exist!)
- 7 limiting belief systems to release NOW for instant (and ongoing) stress relief
- Your "One Thing" to begin to change your relationship with stress today

Format recommendation: 1 - 3 hour workshop or breakout

Topic Categories: Work/life balance, Health & Wellness, Self-care

Stress is, er, stressful! You already know the toll it takes--damaging your health, shortening your life, and stealing your joy--but trying to manage stress just creates more stress! It's a vicious circle, and it doesn't have to be this way. What if you shed the shackles of stress and let True You shine? When you release the stress-grip on your life, you increase energy, improve relationships, boost creativity, strengthen your body, sharpen your mind, and connect to purpose. That's a heck of an ROI for a little bit of change!

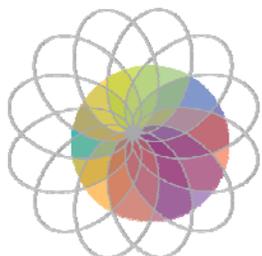
Here's the secret: for stress management to truly work you must get to the unique core of your personal stress pattern. In this paradigm-shifting presentation you will learn how to scientifically rewire your stress response to finally make stress work for, not against, you so True You can fully, joyfully engage in life.

Trust Liz to inspire your group toward greater health, wealth and happiness!

Holistic wellness coach and clinical aromatherapist, Liz Garrett, is changing lives with creative, reality-based programs designed to meet the goals and needs of busy people.



Liz Garrett



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