

# ***Workshops and Sessions***

## **Stress Management Workshops**

These interactive workshops are offered in two parts: theoretical and practical. Attendees will experience an in-depth understanding of the different aspects of stress, their personal responses to stress, and how stress influences their work and personal lives. I offer stress management strategies that are practical and easy to incorporate into daily life. When a person feels they can balance work and personal life it builds self-confidence in them and a deep sense of fulfillment.

## **Relaxation Sessions**

I offer weekly relaxation exercises in a group setting. In these sessions we work with different relaxation techniques such as abdominal breathing, progressive muscle relaxation, visualization, and others to teach attendees how to detach from daily concerns and rejuvenate body and mind. The ability to relax in the middle of personal or work turmoil provides a much needed break for the brain and the body, allowing a person to return to life and work in a refreshed and relaxed state of mind.

Click [here](#) to contact me for more information.

For a list of current courses being offered, click [here](#).