

stress reduction



learning
to
shift
from
frazzle
to
flow

Research shows that excessive stress or an overactive stress response can reduce focus + productivity and also lead to a host of health problems including high blood pressure, heart disease, diabetes and obesity. Given that more than 1 in 4 Canadians report stress as the reason for leaving their job, it's more important than ever to ensure employees have tools they can use to both prevent and release stress. In this workshop, participants will learn these tools and leave with ways to keep practicing after the workshop ends.

Hii I'm Liz

A leadership coach, yoga + mindfulness teacher and co-owner of Afterglow Studio. I love helping change-makers, and high-performers step into greater awareness, confidence and purpose.



I am trained with CTI and have an MBA from McGill University. When I'm not fulfilling my lifework or with my four kids + hubby you can find me in my happy place, running along the Lake Ontario boardwalk in the beach neighbourhood of Toronto.

KEY CONTENT

- Learn about today's common stressors and how to recognize stress response in your body.
- Learn to differentiate between healthy and unhealthy stress.
- Learn ways to both prevent and reduce stress more effectively using breath, body and awareness based practices.
- Learn habit-building stress-reduction practices that you can embed during your day after the workshop ends

LENGTH

Various formats. Offered as a one-hour lunch + learn up to a 6-week group coaching workshop. Content adjusted based on length.

TARGET

Leaders and teams.