



## FOCUS Session

### Quick and Easy Stress Management Techniques

Is the pace of life too quick? Are you struggling with juggling multiple roles at work and/or home? How are you managing that stress? If you can't afford a trip to a luxurious day spa, then come along to this focus session which will teach you some great, easy and quick stress relief techniques to get you through the day **WITH** a smile but **WITHOUT** a headache.

This session is designed to explore simple and practical techniques that do not require any special equipment. They include:

- Getting your thoughts out of your precious short term memory space
- Managing sabotaging self-talk
- Learning to take a proper breath!
- Quick relaxation techniques when you only have a minute to spare.

Although these techniques are incredibly simple, do not underestimate their effectiveness. Often the simplest changes in your life make the greatest impact.



### LEARNING OUTCOMES

MPS Training Focus Sessions are designed for optimal discussion and interaction. Our trainers use current effective facilitation techniques to ensure all learning styles and thinking preferences are addressed to ensure every unique learner achieves the key learning outcomes:

- Explain the process of moving thoughts out of the short-term memory space in order to relieve stress and anxiety
- Identify sabotaging self-talk and adapt it to positive thought habits
- Describe breathing methods that provide real and instant relief from day-to-day anxieties
- Describe and practice three relaxation techniques that can be implemented anywhere.

**\$132 per person (GST inclusive)**

Includes training materials **plus a complimentary book: Don't Sweat the Small Stuff... by Richard Carlson, PH.D.**



### VENUE:

MPS Training Centre  
Unit 9/141 Flemington Road Mitchell,  
ACT

*Check our website for course dates*

### Book now!

Contact our friendly MPS Training staff today, but be quick as seats are limited!

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