



# Learning in a Nutshell

## 1 HOUR POWER LEARNING SEMINARS

### 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 MPS Training's seminar that 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 seminar is designed to teach you some quick ways to relieve the stress of daily pressure. The techniques taught are simple, practical and 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.

#### VENUE:

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

*Check our website for course dates*

# MPS

training

*exceeding expectations*

### Book now!

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

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**\$55 per person, OR... bring a friend and pay only \$44 each!!!!**