



Nora Plesent



THE ART OF DE-STRESSING

Employees in today's corporate environment are feeling more anxious, depressed, stressed out, and alienated than ever before.

The Art of De-Stressing is a four session workshop designed to provide high-level executives with the tools they need to stay calm, focused and present in their professional and personal lives.

In just four 50 minute Zoom sessions, your employees will learn how to become more grounded, focused, and at-ease, able to tackle tasks without feeling overwhelmed or out of control.

WE WILL EXPLORE FOUR PILLARS TO DE-STRESSING:

1

MANAGING STRESS EFFECTIVELY: How stressed out are you? Would you like to have tools for managing stress? Do you know the difference between stress and stressors? Would you like to learn how to effectively complete a stress cycle?

2

DIFFUSING DISTRACTIONS: Are you easily distracted? Can staying focused be a challenge for you? Are there days when you don't know where the time goes? Would you like to be more present with the people in your life?

3

THE WORRY WHEEL: Do you find yourself caught in the worry wheel, unable to slow down, think clearly or give yourself a break? Is worrying a constant companion? Would you like to learn to minimize worrying and its side effects?

4

MORNING AND EVENING ROUTINES: Are your mornings hectic or chaotic? Do your days often feel repetitive? Do you often fall into bed exhausted, having no idea what you accomplished that day? Would you like to create more meaningful routines to begin and end your day? Would you like to be intentional about the day? Would you like a little peace at the end of each day?