



## Are you ready to transform your stress into success?

- Would you like proven strategies for dealing with stress?
- Do you want to feel calmer and think clearer?
- Do you want to easily switch off from work when you get home?
- Would you like tools that can get you this quickly and easily?

... then you will want to catch the **Wellbeing Lunchbox**

## Presentation and workshop specially designed for executives and staff

An interactive, informative session that busts the typical myths about stress and is geared to help you understand *how you can transform stress and get more in charge of your state of mind*. Discover tools for enhancing work-life balance including strategies for *switching off from work*; tools you can walk away with and use immediately! Enabling you to improve your focus, resilience and health, enhancing your effectiveness and enjoyment at work, overnight.

**12.30-2.30pm Friday 19<sup>th</sup> November**  
**St Columba Centre, 40 Vernon St, Ponsonby**  
**Free Parking.**

**To register email us at**  
**[book@avaraconsulting.co.nz](mailto:book@avaraconsulting.co.nz)**  
**or call 09 529 4927 or 021 403 408**

**Tickets \$95 per person - including lunch. (Two or more @ \$75pp)**

*(Book by Mon 15 Nov.)*



**Karen Ross**  
Director

BMS (Mgt) Hons  
Certified NLP Master Practitioner  
NZCHP, NZANLP, CIPD (UK)

Karen Ross is a transformational coach, speaker and experienced trainer. Her career spans more than a dozen countries; from Europe to Japan and the Caribbean, including working for KPMG International. She has a business management degree, is a certified NLP Master Practitioner and a member of the National Speakers Association.

Karen appeared on TV One's Breakfast earlier this year talking about 'switching off from work', and Campbell Live in Nov 2008 where she was demonstrating helping a client overcome severe stage fright. Karen's work is essentially about Using Your Brain on Purpose. She asks, are you running your brain, or is it running you?!

“The combination of theory and practical exercises made the session fun and interactive, with a measurable outcome. Very enjoyable.”

Peter Lamont  
Telecom

“It's absolutely amazing, I don't think I've ever gone ten days without feeling stressed and overwhelmed. And my boss has also noticed.”

M. Hammond, Services Manager  
Coaching Client

I was delighted and amazed at how much I learned, and was able to apply immediately to the benefit of my clients - and family. Karen's stories and engaging ideas, tools and methods were very well received by everyone in my group and we laughed, learned and enjoyed a very stimulating couple of hours.

Maria Carlton  
Maruki Books Ltd