



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?

Two-part series helping you get in charge of stress and more work/life balance.

90-minute lunchtime workshops designed for executives and staff at all levels to improve their focus, resilience, and health, thus enhancing morale, effectiveness and productivity, overnight. Giving you tools you can walk away with and use immediately!

Bite One

An interactive, informative session that does some myth-busting about stress and is geared to help you understand how you can transform with stress and be more in charge of your state of mind.

Bite Two

Round two gives you more practical strategies as well as tools to enhancing work-life balance including strategies for switching off from work and understanding how anxiety and other stress-triggers occur and what to do about them.

Coaching

Additional coaching can cover identifying specific stress triggers, clearing any patterns causing ongoing concern, exploring any approaches to working and time management that may be contributing to stress or overwhelm, or addressing related issues such as sleep and lifestyle.

“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

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

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Contact us now to book for you or your team

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