



Success Not Stress Workshop

Wednesday, November 5, 2014
9:00 a.m. – 4:00 p.m.
Rosslyn Inn & Suites
13620 – 97 Street, Edmonton
\$199.00 + GST/person

Do you:

- Feel stressed with life's changes and challenges?
- Have sleep problems?
- Feel worried about the future?
- Feel overwhelmed?
- Have too many things on your *To Do* list?
- Have too little time for family, friends and fun?

Stress affects everyone...it's a natural part of living. There are many sources of stress: life's changes, uncertainties, our jobs, family dynamics, unresolved conflicts, financial pressures and the list goes on.

Stress that is sustained for a prolonged period can lead to a myriad of debilitating illnesses if we don't have the right coping skills.

At our workshop you will learn a practical, common sense approach to navigating through life's inevitable curves.

The effective strategies you will learn have been developed by the internationally recognized stress & wellness experts at the Canadian Institute of Stress.

To register, phone or e-mail us at:

Phone: 780.914.2086

E-mail: eleanor@reenooworkshops.com



You will learn:

- Valuable tools & skills to effectively manage change, uncertainty, worry & stress
- How to determine your unique personal wellness score & use this tool to monitor your stress level
- How to find more satisfaction in your work and home life
- How the change→uncertainty→stress cycle impacts us
- How to break free from the stress cycle
- How to relax on-the-spot during stressful situations

Here's what our clients are saying about this workshop:

- *Very informative; easy to apply the information*
- *The information was relatable & broken up into manageable sections*
- *The workbook helped me apply the information*
- *I learned a bit more about myself*
- *This material helped me learn ways to avoid self-sabotage*
- *Great material, exercises and research-backed information*
- *The workshop helped me identify the source of my stress, find solutions and take action to solve my problems*

All workshops are facilitated by Eleanor J. Frank, a Stress & Wellness Consultant certified by the Canadian Institute of Stress & Hans Selye Foundation (internationally recognized leaders in the field of wellness and stress management. Dr. Hans Selye is the renowned medical scientist known as the "father of the stress field").

"I'm not afraid of storms for I'm learning how to sail my ship."

~ Louisa May Alcott, Author

Visit our website at www.reenooworkshops.com