

A Virtual Workshop brought to you by RLD Group:

Practical Stress Relief Tools for Uncertain Times

Everyone feels stressed from time to time. These days more than usual for many of us. Stress can give you a rush of energy when it's needed most. But if stress lasts a long time, those "high-alert" changes become harmful rather than helpful.

One of the ways to cope with stress is to short circuit at the source - in the body. An immediate and effective way to short circuit it is through Core Centering.

In this workshop, you'll be lead through mindful movement, tapping, self-massage, and breathing exercises by your Core Centering Guide. You'll experience immediate stress relief through these core centering practices and gain applicable tools you can use in your daily life to cope with stress.



Participants will be asked to rate their feelings before and after the workshop to highlight the direct correlation between the Core Centering exercise and the improvement in your overall well-being. The results consistently show that this practice allows people to become more present, open, and connected, and gives you the resilience to face the brittle nature of this BANI world.

These are ACTUAL results from a previous workshop!

	Stressed or Afraid	Defensive or Resentful	Irritated or Angry	Confused or Unable to act	Compassionate or Loving	Moved or Touched	Clear-headed or Grounded	Inspired or Uplifted
■ Before	2.9	2.3	2.7	1.8	3.3	2.7	3.2	2.9
■ After	1.7	1.5	1.5	1.6	4.0	3.7	3.9	3.7



Each workshop is tailored to the unique needs of each organization and their team. The number of sessions and the focus of each workshop is designed to address the specific needs and stressors of each individual who participates. Meet with us today to customize this workshop for your team!