

Modern Stress Management Foundation Course

One Day Experiential Training



Unlock Your Full Potential - De-stress and Re-charge. Empowering Training for Self Help and Personal Development.

Discover the joy of Modern Stress Management and learn to find inner peace and happiness regardless of external events.

On this practical, experiential training you will be able to de-stress, increase your energy levels, master outstanding skills for life, be inspired by new ideas, gain awareness as to how your energy levels are impacted when you become stressed and what that looks like and how to restore even flow of energy to become more balanced and feel more alive!

In moments of stress knowing you can self-regulate emotions makes you a master of your emotions rather than being a slave to them. You will learn how to restore balance, aid emotional calm, increase happiness and feel stronger and more in control of life. Modern Stress Management Foundation Training is the gateway to understanding modern energy assisting you to build on your personal strengths bringing together mind and body so that you can be the best version of you!

Investment £150 Per delegate

Course Units:

Unit 1: Measuring Stress

Unit 2: Energize Your Life!

Unit 3: De-Stressing Other People

Unit 4: A New Energized Future

Modern Stress Management Professional 5 Day Certificated Training Course



Make the most of your future and manage your stress NOW with Modern Stress Management Professional Training. Become a certificated and licenced Modern Stress Management Professional taking you, your team and your business to the next level. Offering you new approaches to stress management because your happiness matters!

Receiving training in Modern Stress Management supports you not only in managing your own stress it will also enable you to lead others from stress to success too. This training allows you to teach others Modern Stress Management Foundation Techniques making an even bigger impact on the world! Using the latest techniques and energy solutions which offer paradigm shifts in understanding how a stressed energy body behaves when it's not operating at peak flow and how to change that.

We can do anything we set our minds to when our energy flows we have increased energy and can do more, think more clearly, ideas flow, focus and attention improves, we feel more joy, love and happiness. Our relationships improve, we become more attractive, work becomes easier, we take risks, we are more creative, productive and passionate about life. My guess is you'd like more of that too?

Moving you to feeling totally empowered MSM is for heart centered professionals who want lasting change and who care about sharing these amazing techniques for all to benefit. This training is inspiring and will change your perspective on stress and find ways to raise energy whether for yourself or those you are supporting.

Instead of being in dis-tress, de-stress with MSM and grow personally and professionally and discover the joy of using modern energy techniques to be the best version of you.

Investment £990 per delegate

This training includes:

- Advanced 'Self' Stress Management for the MSM Trainer and Professional Practitioner

- Creating personalised Modern Stress Management plans for individual clients
- Creating Modern Stress Management plans for relationships, groups and teams
- Creating Modern Stress Management programs for business and institutions

Comprised of 8 units and is highly interactive throughout

1. Modern stress Management: Stress to Success
2. Wonderful Structures
3. Spheres of Influence
4. Modern Leadership
5. Heart Centred Stress Management
6. Custom Stress Management Programs
7. The Trillion Dollar Market
8. Unimaginable Success

****Pre-requisite Training: Energy EFT Master Practitioner 3 Day Training****



Energy EFT Master Practitioner Professional Trainings. Packed full of ideas to Improve all aspects of your life, learning inspiring exercises, tips and techniques to say goodbye to stressful low energy states and create high energy states for goal setting, inspiration, creativity and more.

Comprehensive, knowledgeable and practical training for self-improvement, personal and professional development and facilitating others and improving energy, productivity and success. Gain emotional freedom through understanding stress and working with solutions rather than problems.

Course Units:

Level 1: Discovering EFT

- 1 - Discovering EFT (Emotional Freedom Technique)
- 2 - Reversing Energy Body Stress
- 3 - The EFT Story
- 4 - The Professional EFT Practitioner

Level 2: Intermediate EFT

- 5 - Extremely Focused Treatments
- 6 - Working with Aspects
- 7 - Emotions & Energy
- 8 – Events

Level 3: Advanced EFT

- 9 - Mind Changes
- 10 - Energetic Relationships
- 11 - Autogenic Reality
- 12 - The EFT Master Practitioner

This training can be taken as a five day Intensive or broken down into a 3 day and 2-day package. Energy EFT Master Practitioner training is the first requirement to taking training in Modern Stress Management

Book your place by calling Wendy Fry your Modern Stress Management Trainer on

+44 (0) 7930 353 941 or by email at info@stress2success.co.uk

www.stress2success.co.uk for all your stress management needs and modern stress management trainings

