

Stress: How many of us have it?

Stress Mastery and Peak Performance

Who knows the leading causes of death? If you do not know the causes, know this - *chronic stress creates an illness state.*

Furthermore, in the United States alone, emotional stress is a major contributing factor in six leading causes of death.

Join Lametra Off, Leadership Success Coach, Facilitator, Life Curator as she helps you master your stress in her 10-part workshop series.

1. ***The (Wo)Man in the Mirror***

The workshop addresses the several questions, including:

- What are the facts?
- What's your S.C.O.R.E.?

You will become conscious of your level of awareness and how it optimizes your success plan.

2. ***Beautiful***

This workshop tackles your level of acceptance, especially self-acceptance, and ways for you to accept and say "It is what it is."

You will the importance of believing in beauty no matter where you are.

3. ***The Choice is Yours***

This workshop explains conscious choice vs default decision making.

You will 3 methods to make a decision; and how to consciously implement the best decision for you.

4. ***Trust the Process***

This workshop explains creating the process successfully and specifically for you.

You will ways to trust your plan, which optimizes your success plan.

5. *Shining Star*

This workshop provides the foundation to being your whole self everywhere, anywhere, all the time.

You will define who you are; start to live genuinely.

6. *Life is a Highway*

This workshop answers the question "How would your performance change if you were fearless, if you looked fear in the face and rode the highway anyway?"

You will start to kick "fear" in the teeth with a new perspective, a new definition to optimize your success.

7. *Good as Hell*

This workshop clarifies your confidence.

You will learn the difference between competence and confidence; and belief in yourself.

8. *Connection*

This workshop defines the connection you want within teams, your work, or an accountability partner is integral for optimum performance.

You will join, link create a community of strong women to optimize your success.

9. *Moment for Life*

This workshop defines what you can control.

You will learn to operate anchored from a place of mindfulness or being "in the moment" to optimize your life.

10. *A Lovely Day*

This workshop starts to define your ideal.

You will understand and identify when you are authentically, energetically engaged to optimize your success plan.