

High Success with Low Stress 6-Week Program



Sara Regester RN, Integrative Health Coach. Stress Mastery Expert, will teach you how to change your mindset about stress and use tips and techniques to create a stress resilient lifestyle so you can leverage the energy of stress to meet challenges and stay on your edge. You can be more successful, feel more energy and not wipe yourself out when you know the secret of mind-body-spirit alignment. Sara will teach you how to be a more magnetic, confident leader within your circles so you can feel more courage, confidence and passion for your life. Creator of the *Turn Your Stress into Success* Programs. Author of the ebook *How to Grow From Your Stress*
www.Directions4Wellness.com

Learn how you can re-wire your stress patterns to transform your busy life to feel more energized, more focused and more fulfilled in your relationships, your home life and work.

- Experience mindfulness practices to learn how to be a creative problem responder and not an emotional stress reactor to stop the energy loss.
- Learn how to respond to stress to be more present, solve problems effectively grow from your challenges
- Create a plan for sustainable change of something in your lifestyle that is sabotaging your success
- Transform your mindset to be “good” at stress so you can change habits, patterns and behaviors to get unstuck
- Invest in your SELF to prioritize what energizes you without guilt
- Find the courage and confidence to live the life of your heart’s desire as a way to stop the energy leaks and fuel your energy tank

Wednesdays 6:30-8:30pm

Date: TBA

Location: 4624 N. 40th Street Phoenix 85018

Sign-Up: Sara@Directions4Wellness.com or call - 602.363.5533



SARA REGESTER
DIRECTIONS 4 WELLNESS
RN • BSN • AUTHOR • SPEAKER • AWAKENER

Duke Certified Integrative Health Coach