

STRESS MASTERY SIGNATURE WORKSHOP



Stress Mastery: From Feeling Stuck to Feeling Free

Workshop / 60-90 mins

This interactive workshop is perfect for organizations looking to support their team with a stress resilience mindset, with the tools and techniques to leverage the energy of stress to be successful in a busy life full of responsibility.

Participants learn how to:

- Prioritize personal values to manage time and prevent burnout.
- Leverage stress to create innovative solutions
- Respond to stress triggers without losing energy
- Use tools that reduce the impact of stress

**Contact Sara today for more
information or to schedule
a workshop!**



Sara Regester
RN, BSN, NBC-HWC
Integrative Health
Coach, and Stress
Mastery Expert

Sara works with professionals to shift their view of stress and leverage it's energy to meet challenges. She is the creator of the *Turn Your Stress into Success Programs* and author of the ebook *How to Grow From Your Stress*.

www.Directions4Wellness.com

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