

# 60-DAY STRESS TURNAROUND INTENSIVE & RETREAT



## Feeling stretched thin?

Re-wire your stress patterns and habits to feel more energized, fulfilled, and achieve real success in your relationships, home life and work.

Join other driven individuals who want success without burning themselves out from stress. Together, you will learn the tools and techniques that can eliminate the negative impact of stress and transform an area of your life that is important to you.

- *Increase your focus*, presence and impact in your life
- *Close the door on stress triggers* that deplete you, spread you thin and sabotage your health and key relationships
- *Build stress resiliency practices* to navigate the demands of your busy life to be more productive and less exhausted
- *Discover the secret* to change your behaviors, habits and lifestyle patterns so you can get unstuck and be more aligned with your purpose
- *Shift your mindset* about SELF-care to create boundaries and fill your energetic reserves without guilt
- *Be a more confident* and magnetic leader

Contact Sara today for more information or to schedule your time together!



**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](http://www.Directions4Wellness.com)

602.363.5533

