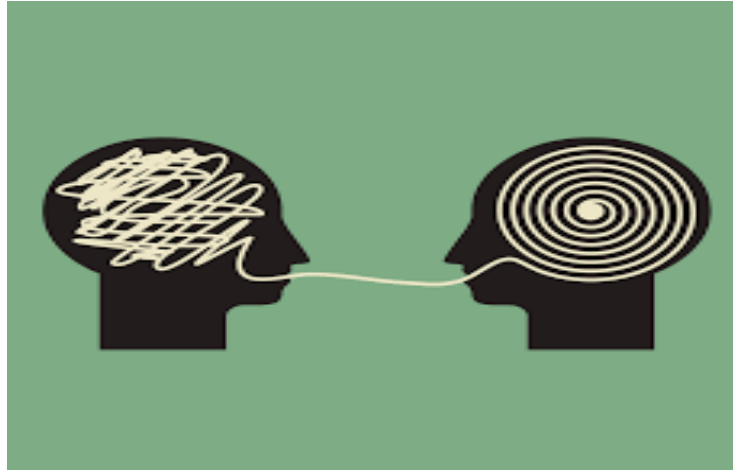


How to Feel Good and Keep the Change

(formerly – Stress Management

Thunder Bay – September 29 & 30, 2022, 8:30 -3:30



Say Goodbye to Unhealthy Stress Now

You'll learn:

- The origins and mechanisms of stress
- Which stress risks do you need to prioritize
- Re-framing technologies to run your own brain and create resourceful states
- How stress and work systems are related
- Stress management techniques (including Clean Space and Peripheral Focus)

You'll receive:

- The Stress Processing Report - your personal stress evaluation
- A comprehensive 71 page manual + additional handout resources
- Your personal stress reduction Action Plan

Facilitator: Gary Phillips, NorthWest Training and Development,

Location – Towne Place Suites by Marriott (off Superstore parking lot)

Cost - \$795 + HST. Limited seats available – **Register Now!**

Register here <https://nwttd.ca/product/stress-management/>

or call (807) 622-6077