

“The **time** to relax
is when you do not
have **time** for it”

KISS YOUR STRESS GOOD BYE

**REDUCE STRESS – INCREASE WELLBEING
– FOSTER RESILIENCE**

Coping with stress is highly trainable

Stress is considered by WHO the nb1 health risk in the 21st century, causing up to 70 – 90 % of all illnesses. Stress related lack of productivity, conflicts and absences at work cause billions of € damage to companies and social security – besides its negative effects on the individual and his/her family. In the last 10 years, stress related illnesses have increased by 700 %.

Kiss your stress good bye provides a comprehensive system helping to reduce stress, increase focus, wellbeing & happiness and foster resilience.

Objectives

Participants are offered cognitive and physiological skills in order to

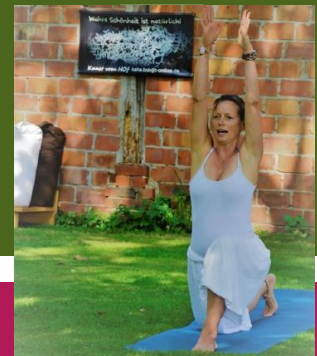
- Understand stress
- Become aware of stressors & stress patterns as stress is building up
- Get to know relaxation techniques to relieve stress while it is happening
- Set the foundation for resilience and inner steadiness
- Increase general wellbeing, happiness and productivity

Target Group

Any one acting in a fast paced & stressful environment and who actively likes to reflect and work on his/her resilience.

Benefits

- increase of awareness for stress
- greater health & wellbeing
- relieve for conditions such as high blood pressure, insomnia, back pain
- greater clarity & focus at work and in private life
- increase of productivity
- better work/life balance
- better communication & better relationships with friends & family
- more compassion and happiness
- prevention of burn out



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