

# Stress Management Programs

**Thank you** for your interest in our Stress Management Programs. Our programs focus on skills to enhance performance and wellbeing in the workplace they are suited to management teams, professional development programs and staff training days.

**The Benefits include:**



- **Reduced Anxiety**
- **Are More Resistant To Stress**
- Have Lower Blood Pressure
- More Efficient Heart Function
- Better Respiratory Function
- Improved Physical Fitness

Participants will learn some gentle stretching exercises to use in the workplace, breathing techniques, relaxation and meditation. Programs are suitable for all fitness levels.

## 1hr Relaxation Program

**This program includes:**

- Series of Gentle Exercises – focusing on stress release
- Basic Breathing Techniques
- Guided Relaxation
- Meditation

## 2hr Relaxation / Stress Management Program

**This program includes:**

- Introduction and practical information about the techniques used and why they work
- Breathing and relaxation techniques – being in the NOW
- Basic Yoga Class – gentle exercises focusing on the areas of the body that hold most of our stress, participant will learn some simple stretching exercises to benefit people who work in an office environment
- Basic meditation
- Breathing techniques and relaxation – reinforcement session
- Team discussion / brainstorm about how the team will support / integrate techniques into the workplace

We specialise in building programs to suit your business, for further information you can contact me on P: 03 9534 3407 or M:0403 229 521.

I look forward to the opportunity of supporting your business in achieving a greater sense of wellbeing.

Regards, Amanda

**Amanda Carlton** Wellbeing Consultant /Coach

