

Wake-Up Foundation presents

Stress Management Action/Result Coaching

Even though stress has a negative reputation because so many people have suffered so much from it. However, if you know how to manage your stress successfully, you can become a very happy person. Stress is a part of life and you cannot run away from it. If you avoid your stress the more suffering you will encounter. However, if you face it head on, the happier you will become. So make your choice. Either suffer when you avoid your stress or experience happiness when you face it.



Learning components:

- Learn the causes and effects of stress
- Discover the number one cause of stress
- Learn how to develop a balanced lifestyle
- Learn tools to manage your priorities and life responsibilities successfully
- Learn strategies to become a productive person
- Learn ways to manage your emotions successfully

Contact us: Wake-Up Foundation, (916) 243-7076

Website: www.wake-upfoundation.org

Email: info@wake-upfoundation.org

Address: 2251 Florin Road, Suite 150, Sacramento
CA 95822

