

Wake-Up Foundation presents

Stress Coaching

Do you have a difficult time keeping your life in balance and control?

Do you feel unsatisfied and unappreciated in your life?

Are you not enjoying life anymore?

Do you have difficult times accomplishing your daily tasks and responsibilities?

Do you have a high level of stress?

Do you want to learn simple ways to reduce your stress instantly?

Do you always get angry and let it takes the best of you?

If you answered yes to any of the questions above, then this stress coaching is for you.



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Wake-Up Foundation was named 2016 Best of Citrus Heights Awards in Human Resource Consulting Services

Benefits of knowing how to manage your stress:

- Enjoy life more
- Get things done more successfully and quickly
- Not allowing your negative emotions to take the best of you
- Turn your weaknesses into strengths
- Develop more focus and concentration
- Have more time to yourself
- Making sure your priorities are taken care of
- Experience more happiness in life
- Experience more freedom in life
- Become a more productive person
- And much more



Beat Stress