



OUT OF THE BLUE

How to effectively deal with Stress, Anxiety and Depression

CAMBRIDGE, ON

DURING THIS FOUNDATIONAL 2-DAY WORKSHOP YOU WILL LEARN:

- Why worry, anxiety and stress are so common in today's world
- The real causes of Stress, Anxiety and Depression
- What social conditioning is and the impact it has on your emotional and physical health
- How to manage sleep distress, worry, hurt, negative self-talk, exhaustion, moodiness and more...
- How to deal with post traumatic stress (for yourself and others)
- How to clear unhealthy beliefs that cause fatigue, burnout or panic attacks
- Strategies to have more energy, confidence, joy and happiness in your life



EVENT DETAILS:

Dates: January 20-21, 2018 (9:00am-5:00pm)

Location: Cambridge

Regular: \$395.00 CDN

Early Bird: Jan 12/18 | \$345.00

Bring a Friend: \$592.50 (for two)

PRESENTER

Bet Diening-Weatherston

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