



# OUT OF THE BLUE

How to effectively deal with Stress, Anxiety and Depression

HUMPHREY, 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:** June 23-24, 2018 (9:00am-5:00pm)

**Location:** Humphrey, (Parry Sound) Ontario, Canada

**Regular:** \$395.00 CDN

**Early Bird:** \$345.00

**Bring a Friend:** \$592.50 (for two)

### PRESENTER

Bet Diening-Weatherston

BSc., B.Ed, Internationally ACRED. Journey Practitioner/Coach

### CONTACT AND REGISTRATION:

[www.wouldyoubewilling.com](http://www.wouldyoubewilling.com)

[bet@wouldyoubewilling.com](mailto:bet@wouldyoubewilling.com) / 1.604.741.7056

**REGISTRATION:** [www.wouldyoubewilling.com](http://www.wouldyoubewilling.com)