

# DIY Workshop: De-Stress Rx



Burn-out is not inevitable! You can finally STOP stress from robbing you of health, relationships, and joy. Function better at work and in relationships. Get out of the stress mess once and for all, in your own space, at your own pace.

## Web-Coaching Session: Rid Your Life of Stress

Our bodies are made to respond to stress, but chronic stress compromises our health in many, many ways, including: sleep disorders, digestion problems, exhaustion, accelerated aging, susceptibility to illness, high blood pressure, suppressed immunity, strained cardiovascular and nervous systems, etc. Likewise, our relationships suffer from stress effects. When a significant portion of our personal energy is tied up in an addictive response to chronic stress, we are not able to be fully present to any of the people who share our lives. We simply can't show up and engage in any expression of our full self when our full self is not available. This private web-coaching session teaches the use of awareness and choice to empower us to construct beneficial belief systems, and provides tools to self-assess and develop a personal stress reduction plan.

## Web-Coaching Session: Letting Go, Moving On

All growth involves letting go of something. Living a free and joyous life requires returning to our true selves. It is not a process of attaining, gaining or building. It is a process of letting go, consciously and systematically, of layer upon layer of false beliefs and identities that prevent us from engaging authentically with the world around us. This stripping away eventually reveals the Truth—always peaceful, kind and inclusive—that we need to make decisions and move forward in our life. This private web-coaching session identifies common obstacles to authentic living and ways to release them.

## Web-Coaching Session: Mind Body Spirit Balance

Balance seems a lofty ideal. If we are tired, angry, sad, overworked or out-of-shape, we think we don't have it and then we feel guilty about it. This private web-coaching session offers a different perspective: the Universe is perfect, and imbalance is impossible. It is a law of nature and physics that forces seek equilibrium. All is always in balance, so your place of empowerment is to consider the dominant forces in your life and consciously choose and create your desired point of equilibrium.

**Young Living Therapeutic Grade™ Essential Oils** are the purist essential oils available, delivering the optimal blend of plant chemicals for maximum potency and desired therapeutic results. Because essential oils work on all levels—physical, emotional, mental, and spiritual—they are a powerful tool for holistic wellness.



**Stress Away Roll-On** (10 mL) is a light, fragrant, unique blend of vanilla, lime, copaiba, and other pure essential oils that relieves daily stress, encourages relaxation, and reduces nervous tension.

**Envision Essential Oil blend** (5 mL) stimulates creativity and resourcefulness, encouraging renewed faith in the future and the emotional strength necessary to achieve your dreams. This is a blend of spruce, orange, sage, geranium, lavender and rose essential oils.



**RutaVaLa Roll-On** (10 mL) is a proprietary blend of Ruta graveolens (rue), lavender, and valerian essential oils that promotes relaxation of the body and mind, soothes stressed nerves, and induces sleep.

## And More...

- 3-minute guided meditation (mp3): "Being Here Now"
- 28 daily emails with tips and reminders to help you put new habits and practices into place
- 3 additional coaching sessions can be purchased upon completion at deep discount (\$300 value for only \$99)
- Additional Young Living products can be purchased at wholesale pricing with enrollment

*Real Change • In Your Space • At Your Own Pace*

Register on-line now



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