

# Freedom Courses with Liz Clews - Tranquility Lifestyle

In today's demanding and fast moving business & equally private environment, the ability to manage pressure and deal with stress constructively is critical.

The **Freedom Course** programme teaches a range of strategies and techniques to help people prioritise the demands they face and convert feeling of stress & negativity into positive energy.

## Understand and de-mystify the nature of stress

- Identify symptoms of stress, and the early warning signs
- Develop strategies to take control and prevent stress building up
- Learn techniques to manage and reduce stress feelings and symptom
- Why the mind plays such an important role

## Who will the course benefit?

- Anyone who works in a professional role which is stretching & demanding.
- Individuals who wish to build their personal skill set by recognising how to proactively manage stressful situations.
- Individuals who suffer from Depression, Low self esteem, Anxiety
- Obesity & Chronic Ailments
- Individuals that have been out of work for a long time
- Lone parents

## Course Content

### What Skills will the Participants Gain?

- How to tell the difference between potentially harmful stress and healthy challenge
- How to recognise what stress is for themselves individually; how to recognise what situations they are likely to experience as personally stressful
- Identify the range of stress symptoms – physical, behavioural and mental/emotional – which can affect themselves and others
- Build strategies for taking control, pre-empting potentially stressful situations, managing pressure, tough demands and challenging schedules pro actively
- Develop a personal set of positive techniques for managing and reducing stress symptoms when they experience them
- Understand how the mind & body effects exactly how you feel.
- Protecting your energy
- EFT Emotional Freedom Technique (if necessary)

## Course Objectives

- To enable participants to differentiate between stress and stretched to one limit.
- To help them recognise where they personally could be vulnerable to stress and identify their own symptoms and early warning signs
- To offer them pre-emptive stress-prevention techniques
- To show them how to convert potentially damaging reactions to stressful situations into pro-active and positive responses.

**Freedom Courses** may be delivered in a variety of ways.

1, 2, 3 or 4 hour workshops or One to One sessions are available depending on ability of clients and application designed to suit their needs addressing their personal requests. Taster sessions are available for group leaders will give an intro and understanding of the course content and how it is applied. **Liz Clews 01427 615608-0775 196 4832**