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2 Quick Tips For Stopping Stress

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"Excuse me while I kiss the sky." Jimi Hendrix

The Enabling Excellence Programme:

Uncertain future?

More to you than meets the eye?

Do you want to:

Banish limiting beliefs.

Relate and understand people better and win more... [you fill in the gap].

Deal with whatever life / business throws at you.

Manage state of mind.

Enhance performance.

Attend our **Free Taster**

Dear «First_Name»

Continuing the theme of reducing stress, 2 quick tips:

Tip 1: Stop making horror movies

I caught myself dreading a meeting the other day. Are there things that you get apprehensive, anxious or nervous about, in anticipation of an event?

To remedy my dread, I applied a NLP (Neuro Linguistic Programming) technique; it's quick and easy to do and works like a treat:

1. Take the future event you are feeling stressed about
2. Close your eyes and think about that event
3. Notice whether you get a picture or sounds or a voice
4. Pay attention to what you get and identify what's unpleasant about it
5. Edit to your desired outcome, so for example I saw myself sitting confidently in the meeting room using a steady paced and calm voice
6. Adopt the physiology you want to have in that situation, as you replay your edited version of the movie, sounds or voice
7. Repeat (6.) above 5 times or until your feelings about the event are more positive

To get more stress-busting tips why not attend our [Stress Buster Course?](#)

[Book Now](#)

Like this technique? Attend our [Free Taster](#) on Coaching & NLP.

Tip 2: Be in whatever you are in

Have you ever been:

- On holiday and missed it, (because your mind has been somewhere else)?
- At work and felt guilty about not being with the kids, or visa versa?

To "be in what ever you are in", really:

- See what you are seeing. **The challenge:** spot what's beautiful now
- Tune into what you are hearing. **The challenge:** Listen to the words of a song that you can't sing from start to finish
- Feel whatever you are feeling; this can be anything, from feelings inside your body to motion, to anything that is making contact with your body! **The challenge:** To experience relaxation now, tap into the sensations in your big toe....viola!

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[Book Now](#)

Coming Soon: Leadership Development Programme

Our **Leading for Excellence Programme** is split over 3 stages, all of which can be bought as individual modules or as a total package **saving £1,730 + VAT:**

Module 1: Understanding Yourself	Personal Profile Analysis and Emotional Intelligence Report and Feedback Meeting	1 Hour Meeting	£220 + VAT
Module 2: Understanding Leadership	<ul style="list-style-type: none"> You as an individual and your impact on others Exploring personal values Understanding others The Leadership / Management challenge What is leadership and the competing roles Becoming a visionary leader Leading for change 	3 Days	£750 + VAT
Module 3: Acting As Leader To Deliver Excellence	<ul style="list-style-type: none"> Analysis of key statistics (whatever you are driving to improve, e.g. turnover, profit etc.) Developing a strategy to deliver the vision Your leadership role in this context Driving the strategy Reviewing key statistics and outcomes 	3 Hour Monthly Coaching Sessions (up to 12 months)	£160 + VAT per hour

Total package price **saving £1,730 + VAT** (all 3 modules): **£5,000 + VAT**

For further details [Contact Us](#) or speak to Mike Read on Tel: 07710 165 058.

Have a great month.

Estelle & Mike Read

FREE

½ day taster course on coaching and NLP (Neuro Linguistic Programming) on 4th June. [Click here](#) for details. To book [Click here](#)

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