



Are you ready to transform your stress into success?

- Would you like proven strategies for dealing with stress?
- Do you want to feel calmer and think clearer?
- Do you want to easily switch off from work when you get home?
- Would you like tools that can get you this quickly and easily?

Specially designed for executives and staff, these seminars are hugely practical. Busting the typical myths about stress, they're geared to help business people like you understand how you can really feel in the drivers seat - to enhance performance and get more satisfaction at work.

The tools provided also help enhance work-life balance, including strategies for switching off from work - tools you can walk away with and use immediately.

Athletes know well the connection between their mental state and their performance, the importance of correctly fuelling the body, and how to deal with the pressure of competition. It's time for the business world to apply this wisdom too. Improve your focus, resilience and health - *and* your enjoyment at work, overnight.

Various 90-minute to three-hour programmes can include:

- Understanding how your mind affects your state/emotions, your energy and your performance
- How your mind can help you get what you want, and help you drive your business forward
- Current research on how stress affects the body and why it is so important to change stress patterns
- One of the most powerful tools available for changing your state to improve concentration, motivation and performance
- Proven strategies for switching off from work and increasing energy levels and productivity.



Karen Ross
Director

BMS (Mgt) Hons
Certified NLP Master Practitioner
NZCHP, NZANLP

Karen Ross is a transformational coach, speaker and experienced trainer. Her career spans more than a dozen countries; from Europe to Japan and the Caribbean, including working for KPMG International. She has a business management degree, is a certified NLP Master Practitioner and a member of the National Speakers Association.

Karen appeared on TV One's Breakfast in 2010 talking about 'switching off from work', and Campbell Live in Nov 2008 where she was demonstrating helping a client overcome severe stage fright. Karen's work is essentially about Using Your Brain on Purpose. She asks, are you running your brain, or is it running you?!

“The combination of theory and practical exercises made the session fun and interactive, with a measurable outcome. Very enjoyable.”

Peter Lamont
Telecom

“It's absolutely amazing, I don't think I've ever gone ten days without feeling stressed and overwhelmed. And my boss has also noticed.”

M. Hammond, Services Manager
Coaching Client

“I was delighted and amazed at how much I learned, and was able to apply immediately to the benefit of my clients - and family. Karen's stories and engaging ideas, tools and methods were very well received by everyone in my group and we laughed, learned and enjoyed a very stimulating couple of hours.”

Maria Carlton
Maruki Books Ltd