

Natural Calm

Workplace Stress Management & Life Balance Programs

FROM OVERWHELM TO CALM, CONTROL & FOCUS
Programs for Groups or Individuals to develop emotional intelligence, build resilience, manage stress and find balance in the workplace.



Workplace stress has been linked with high levels of absenteeism, loss of productivity, breakdown in important relationships and poor health outcomes.

The cost to the economy and employers runs into the billions every year. The cost to individuals can be their job, family breakdown and serious health issues.



Natural Calm provides a safe and successful long-term approach to managing the stress and the busyness of every day life.

This is an eight week group or individual program focused on:

- **Creating Understanding;** the science behind the physical, mental and emotional stress response.
- **Generating Self-awareness;** learning triggers, discovering old patterns and creating choices.
- **Taking Responsibility;** making choices and taking action.
- Revealing strategies and techniques that can be used in everyday situations. Development of neural pathways that support new thinking, feeling and doing patterns.
- Calming a busy mind for clarity and focus.
- Building resilience and emotional intelligence.

"Leonie blows my mind, each session. I now see myself and others from a different perspective, a much improved one."

"Can't recommend this class enough."



The Program: Groups & Individuals:

- 8 weekly one hour live sessions
- Weekly activities for use every day
- Weekly email support resources & downloads
- 2 x additional 60min one-on-one sessions (groups only)
- Optional: 2 x 30min future follow up trouble shooting sessions



Meet Your Coach: Leonie Cridland.

Leonie is a qualified Life Coach (Health & Wellness, Workplace, Life Cycle), NLP Practitioner, Hypnotherapist & Laughter Yoga Leader. She uses a range of modalities including Meditation, Mindfulness, and CBT based techniques to help others learn to find calm and life stability naturally. Leonie teaches practical and achievable techniques based on the latest findings and her own experiences.



Call Now for details and bookings.

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“ It is what it is.

What it becomes is a choice we make.

Natural Calm offers more choices.”



Leonie Cridland - Deep Tree Life Coaching
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