

Reducing Stress for Women



LEAD A MORE BALANCED AND JOYFUL LIFE

This women only six week workshop teaches the techniques and strategies to help lead a more balanced joyful life.

Women often feel stressed by work-life balance issues as they juggle family, commitments and jobs. In order to be able to give your best to all areas in your life you need to learn some techniques for dealing with these daily demands.

In this course the participants will learn:

- Stressors are different from stress
- Stressors for women differ from those for men
- What you need to do to have peace of mind
- Techniques and strategies to reduce stress dramatically
- Time management and communication skills
- How finding your purpose in life can reduce stress.

This is a 6 week course running 1 day a week.



Bridge of
HOPE

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Bridge of Hope

**A programme of
Ashton Community Trust**

www.thebridgeofhope.org

Community Relations Council



An Oasis of Peace