

## **Does this sound familiar?**

- Losing sleep, worrying and fretting over what the future holds for your business
  - Too stressed to enjoy your business anymore
- Being afraid to take any risk right now, even if it looks like a sound business decision
  - Feeling hopeless and defeated
- Scared that the next job loss you hear about will hit close to home
  - Asking, “Why is this happening to me?”

These are the faces of anxiety and fear, strong emotions that interfere with sound business thinking. These emotions are causing many business people today to hunker down, miss and dismiss opportunities, costing them money—and perhaps even their survival.

We want you to learn tools and structures to manage fear and stress, get out of its paralyzing grip and find what you can control and improve in this business environment.

## **Managing Stress and Fear in Uncertain Times**

- ∞ Ongoing – please contact [amber@pacificlifecoach.com](mailto:amber@pacificlifecoach.com) for upcoming dates
- ∞ By telephone, from the comfort of your office or home

**All sessions will be recorded; if you miss a live tele-class session you won't miss out on the learning.**

### **Session One: Your Brain on Fear.**

The physical response to fear restricts thinking capabilities. Learn to shift into thinking about possibilities, not just problems.

### **Session Two: Your Perspective is Your Reality**

Anxiety and stress trump success every time. Learn to use priming, self-care and awareness to increase your chance of success.

### **Session Three: Hijacked!**

Fear can hijack your attention and lead you to react without clear thinking. Learn to manage the flow of strong emotions instead of allowing them to shut you down.

### **Session Four: Choose Your Weapon**

Which is better protection in the face of danger...fear or love? Learn to partner the energy of Spirit with your daily reality for greater impact.

### **Session Five: Balance in an Off-Balance World**

In the face of strong winds, will you hide behind a wall or build windmills? Learn how a balanced viewpoint will help you see the opportunities for your business.

### **Session Six: Pulling It All Together**

End this learning experience with a plan for success, based on small, achievable action steps and a plan for accountability.

PRICE: Less than \$25 per class, only \$147 for the entire 6-class series.  
Bring a friend and you both receive a discount—attend for \$127 each.

## **REGISTER/MORE INFORMATION:**

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