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Master the Art of Transforming Stress

Positive Stress Relief!



No one would argue that stress puts people in undesirable moods. Yet, did you know that moods are stressful in and of themselves? Explore the colorful world of moods with Janet Doucette, an Optimal Life Coach and Mind Body expert. Discover how moods affect your thoughts and perspectives, your relationships and what you actually believe is possible. Learn life enhancing techniques that help you transform stress and gain the freedom to focus on positive problem solving. Develop a plan to improve the quality of your relationships and life experience.

Participants will learn how to cultivate the mood they want in this lively, informative presentation. Using a variety of techniques from the mind body approach, participants will feel empowered to make important changes that bring a more positive outlook in life.

This ninety minute presentation format that includes a Question and Answer period, online tools and resources to support new learning.

Participants will learn:

- How mind body techniques can change stressful moods
- How your life history affects your assessments of what you believe is possible or not possible
- How negative thoughts arise from negative moods
- The impact of four stressful moods on one's health and what to do about them
- Foods, Moods, and Health
- Helpful and unhelpful ways to cope with stress
- Mood-shifting with the ACE and the Five Minute Focus Technique
- Ways to shift into more positive moods

ROI

Reduce stress, improved health, better relationships, happier and more satisfied life, greater inspiration

The Presenter

Janet Doucette M.A. L.M.H.C. is a licensed, clinical psychotherapist, biofeedback specialist and life management consultant who works in the Behavioral Health department of the world renowned health resort CANYON RANCH in Lenox Massachusetts where she provides consultations for corporate executives, managers, and business professionals around the world.

With over twenty years of experience in corporate and small business management and fifteen years of clinical practice in the field of psychotherapy and biofeedback, Janet is a thought leader who is uniquely qualified to help her clients, both corporate and individual, develop strategic action plans for change.

