



To book this seminar, contact
sales@mindstreaming.net

Master the Art of Transforming Stress

Stress Relief Workshop – Day Format



Begin the Day Seminar with the 90 minute **Master the Art of Transforming Stress** presentation, followed by a “hands-on” training approach using the Stress Relief Workshop. Join Optimal Life Coach and Trainer Janet Doucette, LMHC and explore the colorful and often time stressful world of moods. Discover how moods affect thoughts and perspectives, relationships and what we believe is possible or not possible. The lecture sets the stage for participants to engage powerful mind body techniques, reduce stress and make positive, lasting changes in their lives. The Day Seminar Option involves each participant in an individual exploration of moods and possibilities. Using the Stress Relief Training Guide, personal assessments, experiential training, and powerful techniques, each participant will be able to develop an Action Plan to reduce stress. Participants will be able to identify their stress coping style and discover a personal inner strength they can develop into a refuge from stress.

The Day Seminar is 6 hours long with a one hour break for lunch for a total of 7 hours. Materials can be downloaded and distributed to participants by seminar organizers from the training website or the presenter can provide materials on the day of the seminar for an additional cost of \$20 per participant. With advance notice, this seminar can provide continuing education credits for therapists.

Participants will learn:

- How to use positive emotional approaches for change
- Effective mind body techniques that transform stress into empowerment
- How to achieve sustainable lifestyle changes
- Measurable ways to reduce stress and improve wellbeing
- To identify their stress coping style and discover their personal inner strength
- To change the “Story” their bodies are living in

ROI Measurably improve health and reduce stress symptoms, feel happier and more in control of one’s life, increase productivity in the workplace

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 from 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.

