



"Solutions to Stress" Workshop

Saturday 25th January 2020 - 1pm-4pm

74% of UK adults have felt "overwhelmed or unable to cope" due to stress.

But as the physician Hans Selye who originally defined stress said,
"it's not the stress that kills you - it's your reaction to it."

Kirsten Goodwin's "Solutions to Stress" workshop will help you understand stress, how it affects you, and give you powerful tools so you can thrive on stress.

You will learn:

- what is stress?

Including the two different types of stress and their damaging impact on the body and brain

- how do you respond to stress?

Find out what triggers your stress response, and learn powerful solutions to calm you in the moment, including brain training tools

- how can you thrive despite stress?

Learn easy and effective tools and techniques to build your resilience to stress long term. You will leave with your own personalised Calm Action Plan!

The workshop will be held in the peaceful and welcoming environment of the Self Centre, Bury St Edmunds. Tickets are £55pp, including tea, coffee and cake.

You will leave the day feeling refreshed, informed and inspired, with a wide range of powerful tools and techniques to help YOU find Solutions to Stress.

To book, contact the Self Centre on 01284 769090 or www.the-self-centre.co.uk

Kirsten Goodwin



For over a decade, Kirsten built a successful career in the Civil Service, negotiating for the UK in Brussels, and operating at the highest levels in some of the toughest roles - including as Head of International Strategy at the National Crime Agency. But she came close to burnout. Her body would shut down from her inability to handle stress, and she was regularly unable to leave her bed for days, sometimes weeks at a time. This went on for years. Luckily, she learned powerful "mind-body" tools and techniques that re-set her approach to stress, and helped her thrive. Now she uses her experience to help frustrated professionals achieve their career goals with ease and balance.