



# THE STRESS BUSTER

## 3 Simple tools to eliminate stress and Anxiety in less than 10 mins.

The fact is that that fear and anxiety paralyse us. They stop us from taking action. They make us feel stuck. So how can we get unstuck?

This talk called the stress buster brings you 3 effective tools to break the vicious cycle of stress and anxiety in 10 minutes or less. It will give you skills to take back control of your thoughts and direction when fear or anxiety strike.

### In this session you will learn:

- How to break the worry loop and experience an influx of energy and motivation to create your ideal life.
- How to get unstuck and take back control of your thoughts and direction when stuck by fear.
- What the simple antidote to anxiety is.
- 3 tools which are stepping stones to getting you back in a place of clarity and control where you can take productive action.



*A really powerful talk related to my current situation of extreme stress paralysis. I know understand why I get stressed & I have learnt some invaluable tools to help lessen my anxiety and get back into action.*

**Kapi Di Tutti Capi**



For more detailed information on Charlotte's presentations  
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