tony adamson coaching

Managing Stress for Wellbeing

A 6 session group coaching programme for managers and leaders

If you're feeling overwhelmed, stretched too thin, heading for burnout, this programme is for you.

What you'll gain:

- Understand how stress impacts your mind and body
- Identify your personal stressors and reactions
- Learn practical tools for emotional regulation
- Strengthen your boundaries, saying 'no' without guilt
- Build your own stress management toolkit

Programme details:

- 6 sessions | 90 mins
- Safe, confidential and professionally facilitated
- Affordable investment of just £300

To register or find out more:

Go to www.tonyadamsoncoaching.co.uk/coaching-packages

Contact me directly at: tony@tonyadamsoncoaching.co.uk

My Beating Burnout Starter Kit is the perfect pre-work for this programme:

Download here - wwW.tonyadamsoncoaching.co.uk/resources/

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