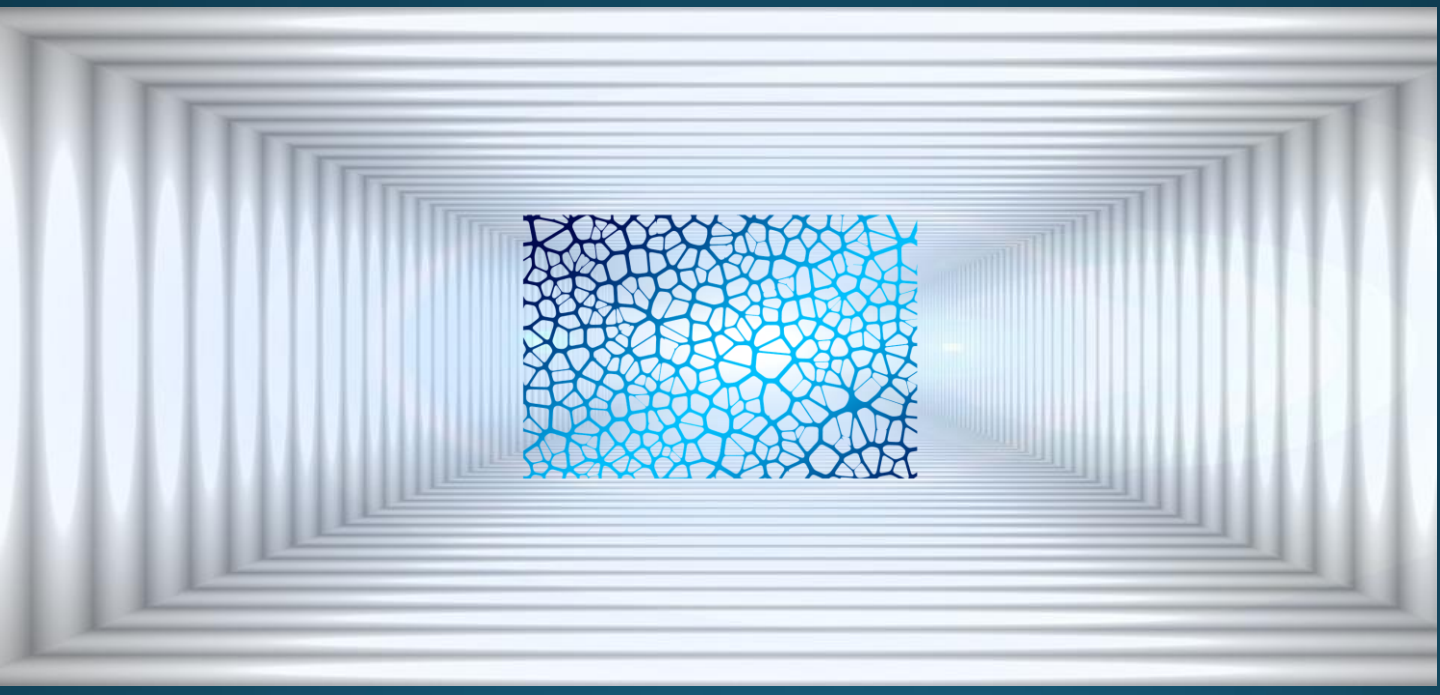
Serene Sales Force



EQUILIBRATE – INTEGRATE - ACTIVATE

© CHILDREN OF LIFE

About this program

Stress falls under this dualistic existence, so therefor, it cannot just be a villain, it can be an ally as well.

Stress free living is a myth. Your body and mind cannot compute that, but you can manage it effectively.

Here are the 7 steps that will be covered in this program to assist you with knowing how:

- Understanding Stress
- Breakdown of Brainwaves
- Breathing Fundamentals
- Knowledge vs Imagination
- Fundamentals of Thoughts
- 8 Rules of the Mind
- Personalized Stress Management Protocol

Attendance Options

This program can be done as an online course and in your own time.

This is more for an individual that wants to just learn how to manage their stress levels better.

The other option is a 3-hour seminar in which I guide a group of people through the process and subject matter.

Within this personalized setting we can delve even deeper into this thing we call stress.

This option is geared more for small to medium enterprises that want to assist their employees to function at an optimal level amidst high stress environments.

The mind is a great companion if you allow it to not turn against you, this program will show you how to navigate it better so that you can gain more from your existence.

Logistics

Costs for the seminar will depend on travelling, venue setting and number of people attending.

The online option is a set price for individuals and will depend on the rand/dollar exchange rate.

Alternatively, you can contact me for a tailor-made solution.

“Words are, of course, the most powerful drug used by mankind.”

— Rudyard Kipling

Contact me:



aiden@childrenoflife.co.za

+27 82 87 44 156

www.childrenoflife.co.za