

# Stress & Anxiety Workshop

Explore, Understand and Learn to Deal with Stress & Anxiety

with

## The Harmony Group

[www.theharmonygroup.org](http://www.theharmonygroup.org)

Phone 01 / 2100390

This **One Day Course** is aimed at people with no previous knowledge of Stress & Anxiety Management but who feel that they would like to start to gain control of negative stress in their life.

### Course Content:

This course is designed to equip the participant in recognising the many different causes of stress and anxiety, how they are stressing themselves, and learn practical and effective techniques to assist in coping with these issues including relaxation techniques.

Noticing what happens to you and how you react when you are under pressure is also an important area, as is the switch from being under pressure to being stressed or anxious.

You will learn how to pre-empt stress building up and how to set boundaries with other people who may be a factor in your stress.

Other areas covered are the use of Humour, Goal Setting and Fun & Recreation as further ways of reducing stress and anxiety.

During the course our emphasis is on making the information easily understood and practical. We believe limiting the number of participants to a maximum of 12 makes for a more individual experience.

### Venue:

Jesuit Conference Centre, Milltown Park, Sandford Road, Dublin 6.  
Bus Service: 11, 11A, 11B, 48A and 44.

### Course Dates:

21<sup>st</sup> November 2009

**Course Cost:** €125.00 per person.

**Facilitator:** Kevin Solon

Kevin Solon is a Psychotherapist and Life Coach who has many years experience in the area of Stress and Anxiety Management. This experience has been gained through working with clients on a one-to-one basis as well as leading courses for individuals, schools and companies.

## Booking Form

As places are limited to 12 per course early booking is advisable. To register please complete the form below and return with a payment of €125.00 made payable to Kevin Solon, 'The Harmony Group'.

Our address is 14/16 Main Street, Blackrock, Co. Dublin.

[www.theharmonygroup.org](http://www.theharmonygroup.org)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Ph. Number: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Course Date: \_\_\_\_\_

Signature: \_\_\_\_\_