



**Workforce Central Career
Center presents:**

Stress Reduction

Stress Reduction

Presented by Geraldine Cook, CCH, CCHC
on **Friday, November 18th at 10:00 a.m.**

It's challenging enough whether you are looking for a new career or searching for a new position. In this interactive Stress Management Workshop, Geraldine will talk about how you can create strategies to achieve your goals and reduce stress. She will show you how to use basic coaching tools that you can adapt into your daily life and add to your toolbox.

This is not your typical stress workshop where you are asked to breathe in and out and then be sent on your way. Geraldine will talk about what is truly stressing you and teach you how to work with the reality that you are dealing with and help you to de-stress.

Toward the end of the workshop she will do a group guided relaxation.

Geraldine is a Certified Consulting Hypnotist and a Personal Development Coach. She specializes in assisting people feel better about themselves as they create and obtain their goals.

Materials from this workshop will be made available to participants two ways: Geraldine can e-mail them to you via Google docs, or she will copy the materials onto a thumb drive if you bring one with you to the session.

Call or stop by to register for this workshop at
WORKFORCE CENTRAL CAREER CENTER
5 Optical Drive, Suite 200, Southbridge, MA 01550
(508)765-6430

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