

ELIMINATE STRESS IN JUST ONE DAY!



← **TURN THIS
INTO THIS** →



You will learn how to live **FREE** of debilitating stress— forever. Every area of life improves dramatically once you learn how to avoid sinking into stress and its array of debilitating symptoms.

This workshop instils powerful new skills in order to potentially live stress-free from the instant you complete this life-changing event.

After this ONE DAY workshop you will:

- see for yourself how you have created every scrap of stress in your life and how you can change it;
- know how to stop 'doing' stress as an automatic response to any event or situation in life;
- be able to live in ways that assists, rather than hinders, your effectiveness, fulfilment, and ultimate success in the workplace and everywhere else in life.

As a result you will enjoy:

- higher productivity because you will no longer waste energy and time trying to repress or manage your stress;
- more fulfilment at work, home, and elsewhere, because whatever you encounter you will know how to turn it into a helpful advantage
- greater health and overall wellbeing because stress is the Number One precursor to most modern illness and preventable, early death, and you no longer buy into stress.

Next Workshop Details:

**Investment: only \$800
Early bird: only \$750**

Your Facilitators: Rick Morse & Peter Smith

In the 1990s Rick Morse was the co-founder and joint MD of Australia's largest and most successful fragrance company. He was responsible for creating sales from zero to around \$50 million per year training, managing, and inspiring a formidable sales force before retiring to follow his unique talent of raising people's capacity to perform to their best. Rick is now a highly sort-after psychotherapist with the ability to effect change both within individuals and in the corporate world—rapidly. He is based in Sydney where he also has a private clinical practice.

For over two decades, Peter Smith was transformational leader in one of Australia's premier companies. He now works as a Cultural Transformation Consultant and Executive Coach in the private and public sectors assisting teams and individuals to shift their mindsets to transform how they do business. Peter is a Clinical Hypnotherapist who practices and teaches in the UK, USA and Australasia. His private clinical practice is based in Melbourne.