

**What is it?** Galway Relaxation's Stress Management sessions are designed to help individuals manage their stress levels. This is done by helping people to identify their stressors, to identify the symptoms and to draw up an action plan to help to reduce or eliminate unhelpful stress from their life.

**What are the benefits?** The benefits of reducing your stress levels include; increased productivity, increased energy, improved mental clarity, improved concentration and improved memory.

**How long does a session last?** A session will usually last approximately 1 hour.

**What do I have to do?** During the session you will create a stress management plan to work on and enhance after the session.

*Bespoke corporate training packages/talks/workshops can be arranged on request. These sessions will be designed according to the specific needs of each individual workplace and will be tailored to reflect the specific types of stressors found in that work environment. For further information on corporate services please see the corporate services section.*

**We will be running a series of Stress Management workshops in Liosban Holistic Centre during April 2016. Dates to be confirmed.**

**The course fee is €60 payable at the start of the course, there will be an early-bird discounted rate of €55 for places booked and paid for 1 week in advance of the course start date. Contact me today on [info@galwayrelaxation.com](mailto:info@galwayrelaxation.com) for further info or to book your place.**

**Follow us on Facebook for details of upcoming Stress Management Workshops throughout 2016!**