



Heart-Centered Programs

Empower - Energize - Enhance

Overcoming Holiday Stress

Putting **Heart** back into your life

Overview/Description

The holidays are supposed to be a happy, joyful time spent celebrating with family and friends. But for many of us it's a source of tremendous stress. During this workshop we'll focus on ways to help sail through and enjoy this time of year!

Ideal Audience

Everyone that has ever felt there was too much to do and too little time during the holidays.

Expected Duration

1 hour or 2 hours

Workshop Objectives

At the conclusion of this workshop, you will be able to:

- Identify Signs of Holiday Stress
- Strategies to Manage Stress
- Planning Tips for Shopping & Traveling
- Manage & Delegate Work and Family Responsibilities
- Help Children Manage Holiday Schedules
- Tips for better Self-Care during Holidays
- Identify & Coping strategies for Holiday related Depression and Sadness



"Communication works for those that work at it."

- John Powell

"Communication – the human connection - is the key to personal and career success."

- Paul J. Meyer



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