Finding Health and Happiness in the Busyness of Life

STRESS IS NOW A $15 BILLION BUSINESS!

Yes, that is how much it is estimated that it is costing the Australian economy annually.

We have to act! Yet we've all done our stress management training right and yet still we get overwhelmed, tired, fed up and sick (once our system is compromised by stress then all too often colds, flues and worse, follow).

Maybe it's time to try something new. Something easily integrated into our busy lives. Some proven to help us live happier, healthier, longer and more productive lives.

Interested? Then keep reading...

Combining insights and information from the fields of psychology, positive psychology, neuroplasticity, psychoneuroimmunology, medicine and the ancient mystery schools to create a session that will help you to:

- Maximise your experience of life both in terms of productivity and happiness
- Establish and maintain healthy sleep patterns.
- Develop higher level resilience in the face of adversity and difficulty.
- Be healthier, less prone to illness and accidents.
- Develop a mindset of 'realistic optimism'.
- Take control of your life, your decisions and your responses.

Keen to know more?

Contact Joan at JwJ Consulting now for more information and a competitive quotation.

All sessions are fully customised to your needs.
Session duration can be anything from 1 hour to 4 hours

Joan Wilson-Jones B.A (ACS). M.Ed. (A&WE) brings a wealth of practical experience supported by years of relevant study to this information session. She absolutely knows that her approaches work because she uses them herself every day! Joan's sessions are fun, filled with real evidence based information and offer a host of practical strategies that truly are life changing.

JwJ CONSULTING
ABN 47 764 981 360

Joan Wilson-Jones B.A. (ACS), M. Ed. (A&WE)
M: +61 **0402 473 173** T: +61 7 **3425 2067** E: Joan@jwjconsulting.com **www.jwjconsulting.com**