

Stressed Out - Go from Stressed to Success in No Time (Life Coach)



Location **London, London**

<https://www.freeadsz.co.uk/x-570402-z>



Are you a busy professional who feels overwhelmed? Are your career/business and relationships at stake? Are your finances giving you sleepless nights? You are at the right place!

We need stress to keep us motivated. This kind of stress is called 'eustress'. The trouble with stress arises when we can't cope with it anymore. Then, eustress turns into distress.

Today, distress is prominent because laptops have made working from home possible. That means if you're a teacher, an executive, an investment banker, lawyer or other busy occupation, you don't switch off!

In my quest to find an efficient way of dealing with stress, I stumbled upon a brilliant coaching program that I tried myself.

This program is the solution if you

- Are overwhelmed with stress and want natural ways to deal with stress and reduce anxiety
- Want to get to the root cause of your stress and better understand the triggers of your stress and anxiety
- Are looking for ways to balance work and life
- Understand your situation and find perspective
- Develop mindfulness and intuition to increase focus and be more centred and much more...

Note that you should seek medical help if you suffer from severe anxiety and depression.

About me:

My name is Beatrice Setze and I'm a qualified and experienced life-coach. In a confidential and non-judgemental manner, I'll support and guide you step by step to unravel your stress that is building up into

a destructive storm in your life. We'll work together to plan your way from stress to success and get you back on track. I coach individuals to face their stress in London through a type of coaching. I am available for monthly sessions and to book your first 45 min. stress evaluation visit <https://www.beatrice-setze.com>

#stress_management_coaching



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