ONLNE COURSE
anxiety
deto

CALM, CONFIDENT \& IN-CONTROL

IN 9 MODULES YOU'LL LEARN:

FOUNDATIONS FOR MANAGING ANXIETY

HOW TO CALM SPIKES IN ANXIETY

REDUCE BASELINE LEVELS OF ANXIETY

THIS WAS SUCH AN AWESOME JOURNEY FOR ME. ONE OF THE THINGS THAT I LIKED THE MOST IS THAT EACH MODULE WAS FAIRLY SHORT. THE SEGMENTS WERE PERFECT LENGTH, IT WAS A TREAT AT THE END OF A BUSY DAY TO TAKE THIS TIME FOR MYSELF. IT WAS CERTAINLY ONE OF THE BEST THINGS I HAVE DONE FOR MYSELF IN QUITE AWHILE!"
~SUSAN (COURSE PARTICIPANT)


STACEY BRAKE, MSCE
WWW.STACEYBRAKE-COACHING.COM

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17+\text { YEARS EXPERIENCE }
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