

# DID YOU KNOW?



STRESSED OUT  
SOLUTIONS

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Conference attendees are seeking information about **Mental Health – Mindset or Motivation**.

You can supply attendees with the all the tools in the world, most well renowned expert speakers, and the resources to excel, but without **Mental Health** education, then these supplies will be useless. If attendees are afraid of success, or have issues with stressors like finances, martial, children, work or health then these will reduce the forward momentum in learning.

Give your attendees a conference that is more than **interesting**; supply them with proper education on Mental Health – Mindset or Motivation. From here, they can do incredible things with the right education.

#### Ideal for:

- *An engaging, interactive keynote for any conference*
- *A ½ day of training for your team*
- *An opening and/or closing kick off to your conference or event*
- *Break Out Sessions*
- *Interactive workshops*

Conference leaders will provide attendees with the skills and support needed to get the most out of conference learning. Attendees can then take these applicable skills and put them into action.

#### Topics include:

- Find Your Strength When Stress Takes Over
- How to Build Your Personal Growth Tool Box
- What is Stress and How Do You Use it?
- Break Down The Stressors, Build Up The Successes
- Why Does SHE/HE Look So Happy All The Time?
- My Head is Full, But How Do I Empty It?

When planning your next conference, workplace retreat or training session, invest in speakers and topics that will lead your attendees to success,

#### **Sarah J. Hilton**

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