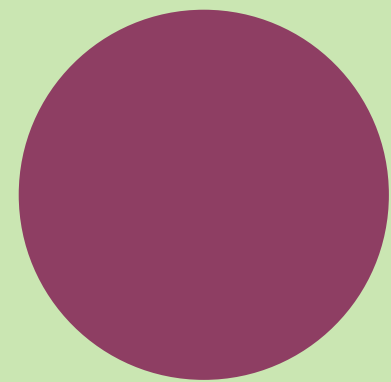


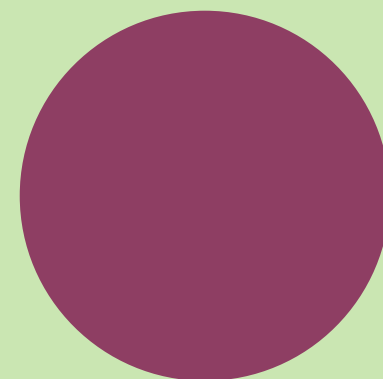
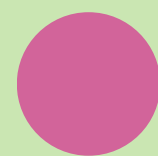
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NOW!**



WEDNESDAY 22ND JULY 2026

**TRANSFORMING
STRESS AND
BURNOUT**

FREE ONLINE WORKSHOP



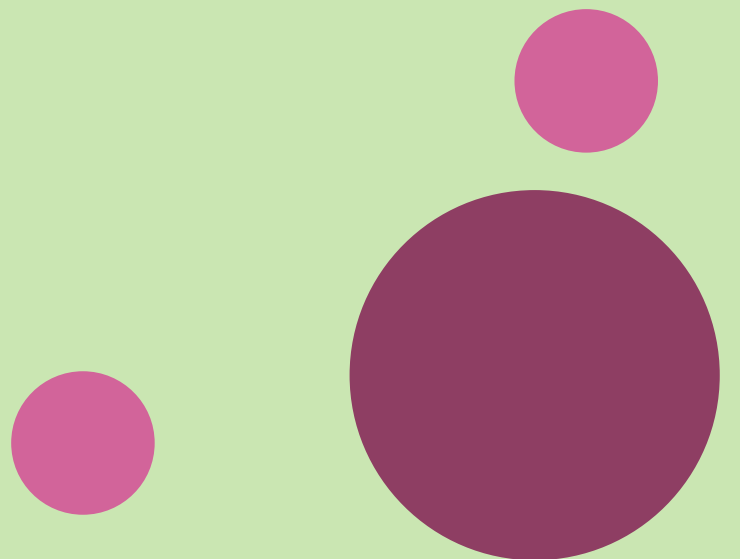
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90-MINUTE WORKSHOP:

INTRODUCTION TO MANAGING STRESS EFFECTIVELY



Learn how to stop surviving and start living — From the inside out.

- Your nervous system is not designed for joy and happiness, it is designed for survival, which is why modern-day stressors constantly trigger it.
- In this 90-minute, online workshop, you'll discover how your body and brain respond to pressure, why stress lingers even when life seems calmer, and how to work *with* your nervous system instead of against it.
- **Reserve your spot** in the workshop today;
Registration is open.
www.coachingbymandy/events
Wednesday 22nd July 2026
10am-11.30am GMT+2



What You'll learn:

- How to engage calmly and confidently instead of guns blazing, or shutting down.
- To listen with presence rather than talk over other people.
- To navigate life with your heart-values rather than your ego-values.

You can't always control your circumstances, but you can learn to access peace and clarity while the chaos continues around you.

Live life on *your* terms

[Click Here to Register](#)
or see This Post's Notes for link.

