



Member Exclusive Boardroom Lunch and Learn Workshop "Stress and Personal Energy Management"

In today's fast paced and performance driven world, it can be difficult to take the time out to focus on our own mental and emotional well being. The costs, however both personally and in the workplace of not being able to cope with ongoing pressure over prolonged periods of time can be enormous.

Women in Finance would like to invite you to take part in an exclusive Member Lunch & Learn Workshop, where we will address the issues facing professional women.

Our intimate and interactive session will cover:-

- How to "de-clutter" the unconscious mind **to focus on what is most important**
- Thoughts create reality – **how our thinking impacts on our physiological state**
- The upside of stress – **why short periods of stress can be beneficial**
- The downside of stress – **what can happen when stress is not managed**
- **How stress manifests in our body** – identifying the physical & emotional symptoms of stress
- Utilising different brain wave energy to **reverse the effects of stress**
- **4 step solution to stressful thinking**
- **Balancing the 4 quadrants of personal energy** – Mental, Emotional, Spiritual and Physical

Upon completion of this workshop, you will have a personal Stress Management Action Plan with strategies for maintaining high levels of personal energy, mental clarity, focus and stress resilience.

Date: Wednesday 14 April 2010

Venue: Ord Minnett
Level 10 - Waterfront Place
1 Eagle Street
Brisbane Qld 4000

Time: 12:15pm for 12:30pm – 2:00pm

Cost: \$35.00 – Member

RSVP: Friday 16 April 2010

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www.womeninfinance.com.au