



FINDING CALM IN THE CHAOS

This Permanent Life Skill Will Enable You to Decrease Stress and Increase Your Ability to Maintain Balance in Any Situation

According to the American Institute of Stress, stress contributes to 80% of major illnesses and 40% of staff turnover, and costs businesses \$350 Billion dollars a year. In this informative and rejuvenating workshop come learn the fundamental principles for creating internal balance, physical well-being and the ability to approach any situation with calm and focus.

Attendees will Learn:

- ◆ Holistic approaches to physical, mental, emotional and spiritual well-being.
- ◆ Mindfulness techniques and breathing practices to renew and rejuvenate the body and mind.
- ◆ Strategies for transforming challenging emotions like worry, anxiety and fear to calmness, ease and confidence.
- ◆ All attendees will receive a 70 minute audio CD containing guided relaxations specifically designed to facilitate inner calm and focus.

Who Should Attend:

- ◆ Executive Directors
- ◆ HR Professionals
- ◆ Supervisors
- ◆ Program Managers
- ◆ Program Staff

Client Testimonial: *“Before training with Alicia I was not open-minded and now I am more aware of having to take care of myself before I can help others. I now have a greater ability to cope with situations and do more for my self-care. ~ Secretary, Hartford Behavioral Health*

Sponsored by TANGO

Presented by Alicia Davis, AliKat Consulting

Alicia Davis, LMT has a passion for helping people live more balanced and healthy lives. As a Massage Therapist, Expressive Movement Therapist and Consultant she has taught 1000's of entrepreneurs and healthcare providers how to release the harmful effects of stress from their bodies and minds while creating more ease, flow and energy in their everyday lives. As the Founder and 'voice' of GuruGrams™ she brings inspirational audio messages of relaxation to listeners around the globe. Alicia is also a published author in the book “Strategies for Success”.

<http://tinyurl.com/aliciadavislmt>



Date: Tuesday, June 22
Time: 10:30 am - 12:00 pm
Location: Schuster Driscoll, 135 South Road, Farmington, CT
Cost: Member - \$25, Nonmember - \$35

Register: Email dbraxton@tangoalliance.org

