



Your sessions focused on teaching me the skills I needed to look after my own emotional wellbeing. The techniques were very simple and worked immediately; almost without me realising. The changes seemed so small and simple that I underestimated the powerful domino effect they would have. I had no idea how empowering this would be. Everything seems to fall into place once you have your own house in order.

– C.A., accountant



Future-proof your mind, energy and outcomes with my **“BE BRILLIANT & RESILIENT”** programme.



# BE BRILLIANT & RESILIENT

A three-step programme with proven, fast, long-lasting results.



- Prevent stress
- Boost your memory
- Improve your mood
- Gain mental stamina
- Increase your energy levels

I wish I had learned these tools many years ago; what a difference they would have made. – A.L., Barrister

[paularuane.com](http://paularuane.com)

PAULA  
RUANE



07803 072 101 | [paula@paularuane.com](mailto:paula@paularuane.com) | [paularuane.com](http://paularuane.com)

PAULA  
RUANE





## workshop one: resilience + performance



**This programme gives you the essential tools and techniques you need to prepare for, recover from and adapt to stress and challenge. Learn how you can take on even more and prevent burnout.**

- 7.5 hours informal, interactive workshops split over three sessions
- Central London location
- Designed for busy, over-stretched professionals

To book, or for more information, please contact Paula Ruane on 07803 072101 or [paula@paularuane.com](mailto:paula@paularuane.com). Places are limited, so please call today to book your space.

[paularuane.com](http://paularuane.com)

Overloaded and juggling again? - you're not going mad - you just have too much on your plate! Two weeks' holiday isn't going to solve things but this essential workshop will start you off. Learn why you are feeling anxious and under pressure all the time and discover how to press "pause" on overwhelm. Learn how to increase your energy, think more clearly and make better choices. It's time to increase your resilience and performance.

---

*"Paula helped a member of my staff who was suffering from stress and anxiety and unable to work. He was back to work quickly and back to his old happy self. I wouldn't hesitate to recommend Paula." - D.A.*

## workshop two: reactions + responses



Building on what you've learned in the first workshop, we'll cover how you can remain calm, alert and in control; ready for whatever life throws at you even during prolonged periods of pressure. Discover how to fine-tune your communication skills, prioritise your important relationships and look after your own health so you can juggle your responsibilities with greater ease.

---

*"Our sessions have helped me deal with anxiety over some personal issues and a recent trauma. I now have a set of techniques I can practice which dispel the feeling of panic with which I used to begin many of my days. I can't recommend Paula highly enough." - S.C.*

## workshop three: thrive under pressure



Addressing why and how to digitally detox, this interactive masterclass workshop will complete your training. Using advanced tools, you can boost your immune system, improve your intellectual capabilities and learn to be more creative and efficient. You can work on relevant and specific projects as part of learning higher-level management of your responses and reactions. **Please complete sessions #1 and #2 before you book session #3.**

---

*"Struggling with the stress caused by constant challenges from staff concerning changes I was making to my company, I met with Paula. She helped me to achieve a calm mind and body resulting in renewed energy and vigour, increased patience and understanding." - R.L.*