

CHANGING HOW YOU MANAGE STRESS FOREVER

PAULA
RUANE



paularuane.com

Resilience Trainer | Speaker

Discovery Session



A one hour exploration to reveal your stress triggers and their effects

By the end of the session, you will have started your journey of personal empowerment, leaving you with clear choices on how to **FUTUREPROOF YOUR MIND, ENERGY AND OUTCOMES.**

In the session, I will:

- Use my extensive expertise and proven methods to identify the likely causes of your stress triggers
- Discuss with you the detrimental physical, emotional and intellectual impact that these triggers have on you, your health and your interaction with others
- Recommend the best way forward in order to tackle the sources of stress in your life. I may suggest:
 - A workshop programme
 - A one to one programme specifically designed to address your needs, demands and lifestyle

You will:

- Come away with an improved understanding of how the far-reaching impact of stress affects various areas of your life
- Benefit from a clear, personalised guide to help you reduce, manage and prevent stress for the future
- Learn how to become more resilient

Re-discover the brilliant and resilient you.
Call me now to book your explorative session.

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“I wish I had learned these tools many years ago, what a difference they would have made!”

“As a City professional running an international brokerage, I need to be 100% focussed at work, alert to early warning signals coming through the desks, making sure we keep ahead of the game. Paula enabled me to sort through a myriad of distractions and stress in my personal life, freeing me to be at the top of my game at work - and a better boss. It was quite astonishing, really, and I now recommend Paula to everyone.”

“What you shared with me today was grounded in science and demonstrable technology and clearly demonstrates diagnostic applications”

“Very useful and practical training”

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