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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
”

Change the way you manage stress forever with my essential three-step programme.

PAULA
RUANE

07803 072 101 | paula@paularuane.com | paularuane.com

CHANGE HOW YOU MANAGE STRESS FOREVER.

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



- Achieve clarity
- 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

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RUANE

workshop one: increase your resilience



This programme gives you the essential tools and techniques needed to prepare for, recover from and adapt to anything life throws at you.

Learning proactive ways to protect your mental & emotional health, equips you with the skills needed to face any challenge.

- 2 comprehensive workshops for you and/or team
- 2-3 weeks between workshops to integrate tools & techniques
- Delivered onsite within your organisation, or offsite for open courses

Discover your ability to be more resilient, Gain a newfound understanding of what drains you, causing mental, emotional and physical stress.

Master a series of simple yet powerful techniques that can be used in real-time, wherever and whenever they're needed, to place you firmly back in control of any situation.

Reduce stress. Increase resilience. Boost energy levels.

"The workshops were highly tailored, focussed and sensitive."

For more information, please contact

Paula Ruane on 07803 072101
or paula@paularuane.com

paularuane.com

time to reflect: embed your learning



Over the course of this 2-3 week period, you'll have time to practice and strengthen these techniques by using the App.

You will receive a series of short, practical and informative emails to help you integrate the learning into your everyday life during this interim period.

"Very useful and practical training."

"Brilliant, insightful and informative."

workshop two: consolidate your skills



Together, we explore the changes you have noticed in your emotional wellbeing and how you respond to and reduce stress in all areas of your life.

We focus on the strategic use of HeartMath techniques to aid better communication, faster problem solving, improved decision making and more efficient time and project planning - for a smoother, more balanced, professional and personal life.

"This will help me deal more effectively with my working day and problems at home."