

# *Transform your stress into success*

*MQA approved.*

**A one day seminar that will educate, entertain and encourage you to uncover and eliminate the real causes of stress in your life.**

In this seminar you will learn

- techniques to improve your effectiveness and productivity at work
- strategies to achieve superior results by better managing stress
- how to redirect your thought pattern and reconstruct your stress pathways
- how to recognise the expectations that create stress in your life
- successful strategies to open new vistas of potentiality in your mind
- how to use 'Cognitive Restructuring' to transform stress into success

Your seminar presenters, Hugh & Sylvie Stanley, are recognised communication and leadership consultants with special expertise in stress management, behavioural psychology, leadership development programmes, team building and conflict management.

**When: Tuesday 28 September 2010.**

**Where: Le Labourdonnais Hotel, Port Louis.**

**Price: Rs 5,000 per person. (Includes certificate of attendance)**

- The seminar will be run in French
- Time: 9.00 am to 5.00 pm. Registration at 8.30 am.
- Lunch and refreshments will be provided.

**Places strictly limited. Book now!!!**

**Call Colette on 922 6656 or download your application form from our website: [www.quantumvision.biz](http://www.quantumvision.biz)**