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PRESENTS

*“The Wisdom to
overcome Stress,
Anxiety and Depression”*

For the first time in Sydney this coming July, Thrive – Life Education will be opening their doors to welcome all to this simple yet powerfully life enhancing workshop. Delivered over 2 inspiring days, this groundbreaking program has assisted 1000's of participants over the last 10 years develop the understanding required to alleviate and stop psychological Stress, Anxiety and Depression from consuming their lives.

Don't just Survive, Thrive!

WHAT WILL BE COVERED AT THE WORKSHOP?

The program comprehensively investigates the essential information required to not only better manage our stress, but to develop the understanding of the true causes of all our stress.

In an open and light-hearted approach we will be investigating:

- 🌿 The components of stress
- 🌿 How when left unresolved stress can lead to the more challenging conditions of Anxiety and Depression
- 🌿 The Neurological basis of the mind – body connection and how this relates to our mental, physical and emotional well being
- 🌿 We take a thorough look at beliefs and priorities, what are they, where do they come from and how they govern every decision we make, and therefore all of our emotions and behaviours
- 🌿 We also look at the role learning has played in creating our beliefs, and also the important role it will play in alleviating our stress
- 🌿 We investigate goals – their relationship to stress by discussing the common misconceptions and their true purpose
- 🌿 We then introduce the 2 essential models we use, to illustrate the approaches to life that cause our stress, and also that alleviates our stress
- 🌿 This and more, delivered in a relaxed educational setting by highly skilled professionals dedicated to alleviating stress and depression within our community

We invite everyone looking to learn more about the true nature of Stress, Anxiety and Depression, and those who would like to overcome these conditions using a drug free, educational and proven approach to join us for this insightful and entertaining weekend.

EVENT DETAILS

Date	28th – 29th July, 9:30am – 4:30pm
Location	Business Enterprise Centre (BEC) Sutherland branch
Address:	Unit 1 / 29-33 Waratah St, Kirrawee
Parking	Off Street Parking available
Public Transport	10 min walk from Kirrawee Train Station
Workshop Costs	Introductory offer price - \$295 inclusive of GST
This Price Includes	2 Day Workshop, all Workbook Materials, Lunch, Snacks, Tea and Drinks will all be provided on the day.
	The number of participants per workshop will be strictly limited – maximising the benefits of learning this life enhancing approach for all attending.
	Please Contact Thrive Life Education to reserve your seat now.
Contact:	P 02 8096 3283 E info@thrivele.com.au W www.thrivele.com.au
Payment Methods	Paypal / direct deposit, cash and bank Cheque

**All reservations require payment by
Friday the 27th of July.**

