

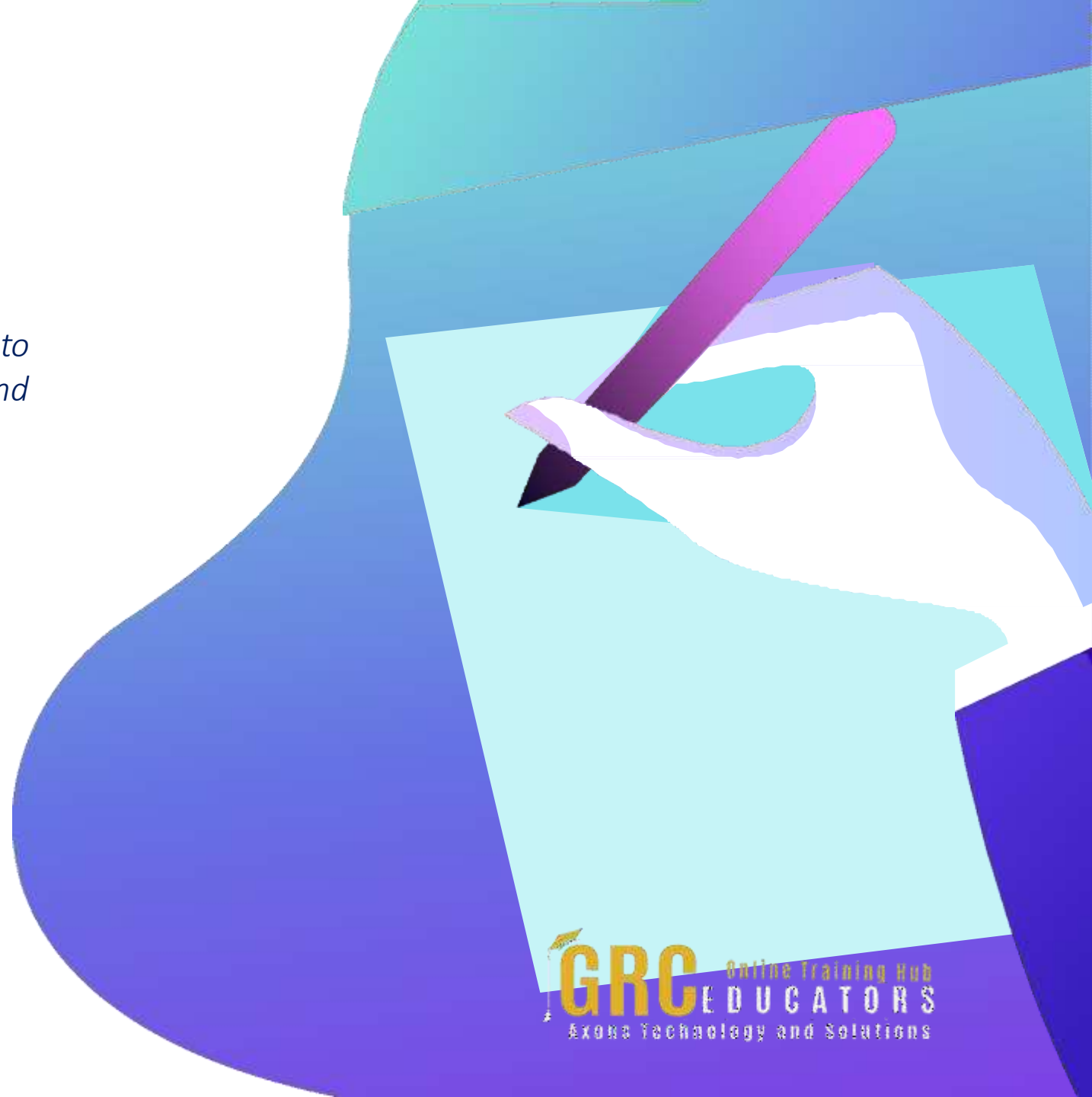
Webinar on

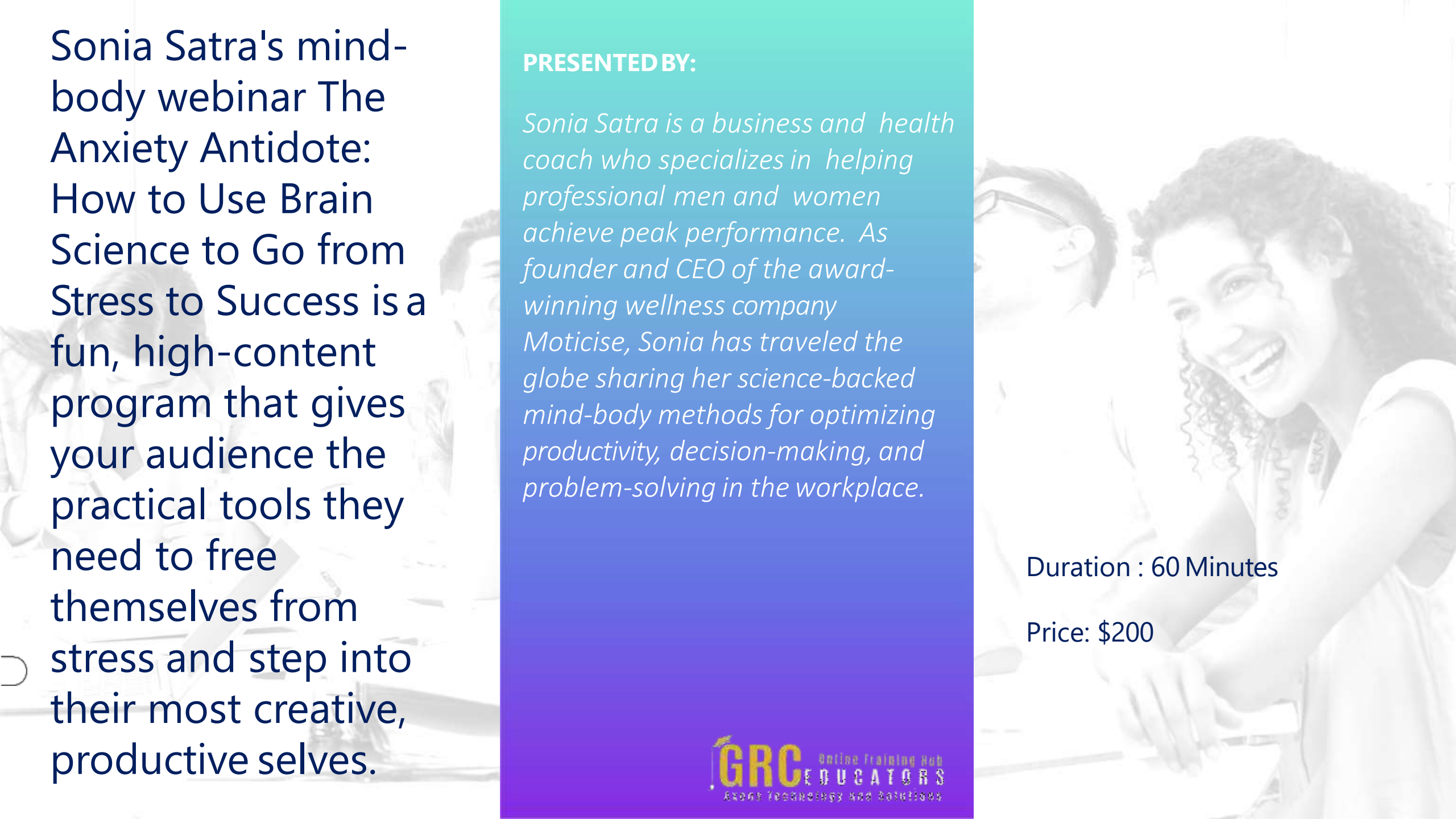
The Anxiety Antidote: How To Use Brain Science To Go From Stress To Success

Areas Covered

In this life-changing webinar, you will:

- ☐ *Learn practical tools you can use anytime to identify and reframe stressful triggers and situations*
- ☐ *Use tried-and-true acting techniques to unlock the power of both the body and the brain*
- ☐ *Step into your most powerful, inspired self, free from the burden of stress*





Sonia Satra's mind-body webinar *The Anxiety Antidote: How to Use Brain Science to Go from Stress to Success* is a fun, high-content program that gives your audience the practical tools they need to free themselves from stress and step into their most creative, productive selves.

PRESENTED BY:

Sonia Satra is a business and health coach who specializes in helping professional men and women achieve peak performance. As founder and CEO of the award-winning wellness company Moticise, Sonia has traveled the globe sharing her science-backed mind-body methods for optimizing productivity, decision-making, and problem-solving in the workplace.

Duration : 60 Minutes

Price: \$200

Webinar Description

Sonia Satra's mind-body webinar *The Anxiety Antidote: How to Use Brain Science to Go from Stress to Success* is a fun, high-content program that gives your audience the practical tools they need to free themselves from stress and step into their most creative, productive selves. As the former star of *Guiding Light* and *One Life to Live*, Sonia knows a thing or two about performing at her best. The same challenges she faced in Hollywood are also found in business: fierce competition, ever-changing demands, and of course, enormous levels of on-the-job stress. With her signature high-content, high-energy style, Sonia shares stories from behind the scenes with clear, actionable lessons that help your audience achieve peak performance, overcome barriers, and ultimately succeed.

Brand new studies are discovering how the brain and the body register stress – and how we can use both of those tools to fight back. Using a holistic approach that includes the mind, body, and emotions, Sonia has created a one-of-a-kind method to help your audience step into their fullest potential, both in life and at work. When you keep the stress levels at your workplace to a minimum, you improve teamwork, boost productivity, reduce sick days, and reduce turnover – thus creating a happier, healthier, more efficient workplace. Your audiences will walk away energized, motivated, and ready to make the changes they need to perform at their very best. Not only is *The Anxiety Antidote* a great lunchtime energizer, but it's also the key to unlocking your fullest potential in life and in business.

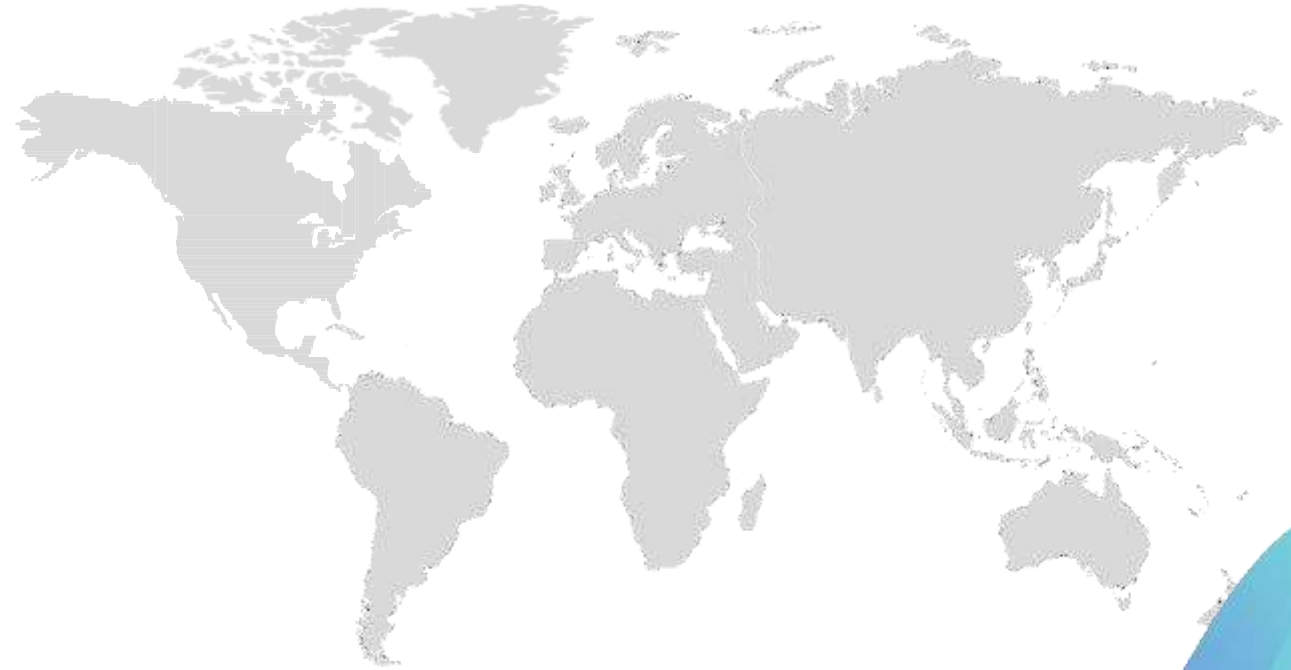


Who Should Attend ?

Leadership

Management

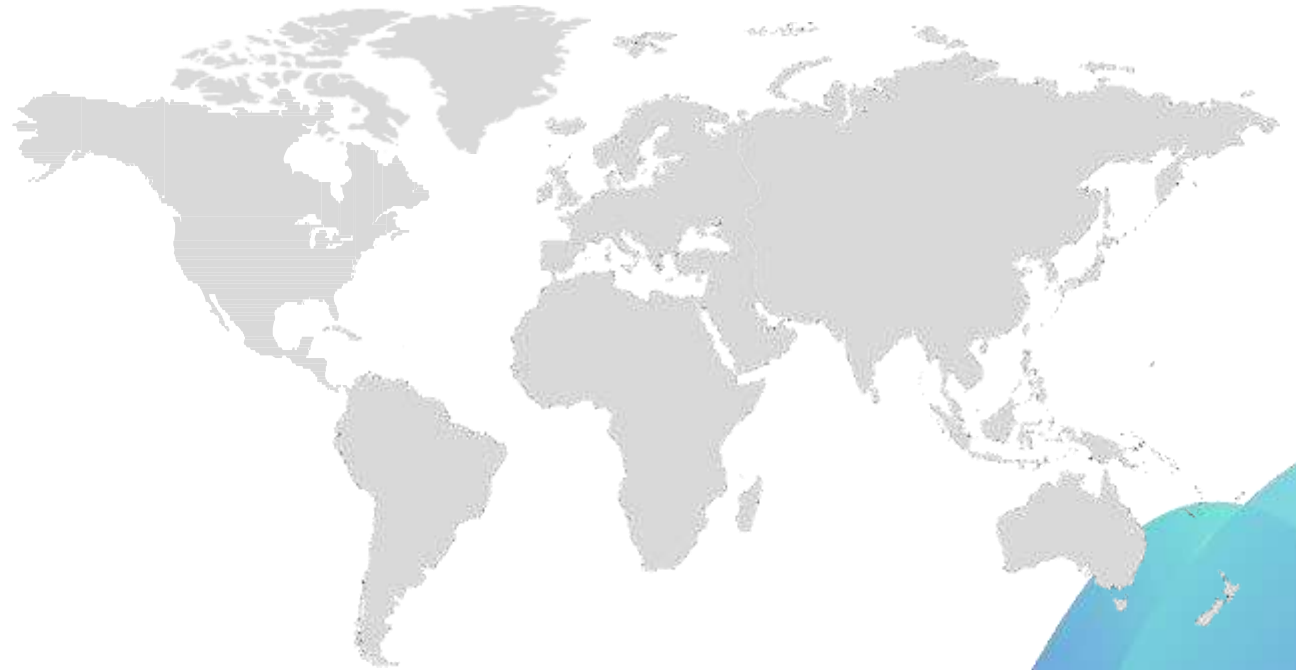
Employees



Why Should Attend ?

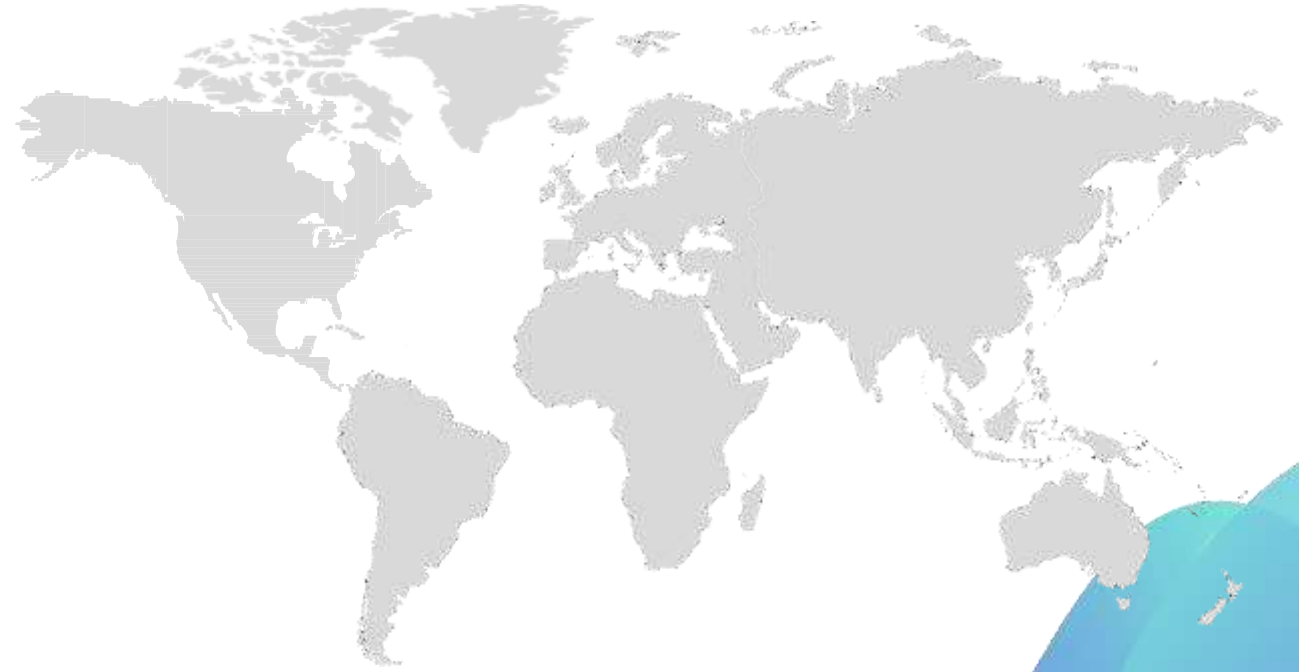
Today, stress is the #1 thing keeping people from reaching their fullest potential. It's a weight we all carry around, draining our energy, limiting our mental and physical capacities, and wreaking havoc on our daily lives. It costs us time, money, and productivity – and it can even be fatal. In fact, 75-90% of all doctor visits are for stress-related complaints. Stress is a factor in a whopping 90% of the six leading causes of death. A 2019 report showed that 80% of workers feel workplace stress, and nearly half say they need help to learn how to manage stress. Job stress is more strongly associated with health complaints than financial or family problems, and 40% of workers reported that their job is very or extremely stressful.

According to the National Safety Council, almost one million workers call in sick every day because of stress. This absence costs American business nearly \$300 billion per year due to loss of productivity and cost of temporary help. Stress is endemic in our culture today. But it doesn't have to be that way. No matter how high the stakes are at your business, you can create a workplace that cultivates calm, creative synergy. You can free yourself and your employees from the enormous burden of stress.



Topic Background

Sonia is an NLP practitioner and fitness instructor with a full mind-body approach to managing anxiety and reaching peak performance.



To register please visit:

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