



# STRESS MANAGEMENT WORKSHOP

Transform stress into strength with evidence-based techniques and tools designed for the modern professional.

Join me for a hands-on experience where you'll learn practical strategies to diffuse stress and anxiety in the moment and build long term resilience. Elevate your well-being, enhance your performance and thrive both in and out of the workplace. Don't miss this opportunity to invest in your most valuable asset – **Yourself.**

**Bespoke full day & half day  
options to meet the needs of  
your business**

[www.samanthathompsonholistic.com](http://www.samanthathompsonholistic.com)



## Meet your facilitator

### Samantha Thompson

In today's fast-paced work environment, stress can significantly impact both productivity and well-being. I offer specialised workshops designed to provide your team with practical, evidence-based solutions for managing stress, both in the short and long term. These workshops empower employees to foster resilience, improve focus, and enhance their overall workplace performance.

With over 13 years of experience working with individuals and a diverse background shaped by living and learning across the globe, I bring a holistic, well-rounded approach to workplace wellness. My qualifications—including a Master's in Holistic Counselling, certifications in Meditation Therapy, Brain-Body Medicine, and as a Certified HeartMath Practitioner—enable me to offer proven strategies for stress management and nervous system regulation that align with the latest research in the field.

Through these workshops, your team will gain valuable tools to manage stress effectively, nurture their nervous system, and develop a sense of balance that supports both personal and professional growth. My goal is to help create a workplace culture where employees feel supported, empowered, and equipped to thrive.