

# HOW TO COACH STRESS ISSUES

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Louise Anne Maurice



# **What Should I Do, I'm Stressed with @LouiseAnneMaurice**

**I keep saying yes to everyone and never have time to relax. I think I am on the verge of burning out. I'm stressed, what should I do?**

# **What Should I Do, I'm Stressed with @LouiseAnneMaurice**

- Recall a time when you said no to someone, what does their face look like? What does their body language reveal? What do you hear? What do you feel?**
- Now recall a time when you were relaxing, what do you see? Are you smiling or anxious? What do you hear? Are you being encouraged or criticized? What do you feel? Do you feel deserving or undeserving?**
- Those early memories are encoded in your central nervous system and will stop you from being harmed.**
- The next time you want to relax, you will be driven so that you don't feel bad or aren't punished.**

Take Empowered Prevention a step further by understanding the root cause of Stress.

Learn more about [Holistic Health and Wellness Coaching](#).

- “Hello again, I am editing my original review (2019) because there is so much more to say about this course. It's interesting how overall understanding and experiences in life can change your perspective. My feelings about this course are still the same because it is amazing and is exactly what I need in order to truly fill the shoes I am meant to fill in this life. I know this is my path and a Holistic Health and Wellness Coach is who I am supposed to be. It was undefined I was unrefined. It is getting so much clearer. I am so happy I am able to revisit this course after all of this time. That is really one of the great things about it being on the Udemy platform. The ability to be able to go back to this course really helps me and I am able to really grasp the massive amount of information Louise Anne Maurice instructs and teaches and how she is truly developing students to be the best coaches they can be. She is amazing. It's really awesome and I really appreciate the opportunity. \*First review from 2019\* I am undeniably impressed with the course so far. Louise Anne Maurice is a wonderful instructor who teaches in a relatable way that evokes thinking. Fun and informative course.”



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LOUISE ANNE MAURICE

### In Life

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Free Training

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