



# Managing Stress: Looking after your health

**Date:** 11<sup>th</sup> March 2014

**Time:** 9.30am to 12.30pm

**Place:** Waitakere Community Resource Centre, 8 Ratanui St, Henderson (see below)

**Cost:** \$45.00 incl gst

Stress is becoming (according to the World Health Organisation) an epidemic in our modern society. The impact on health and well being is well document, yet we are taught how to manage and reduce our stress levels to avoid long term impact of stress on our lives.

Using the very latest neuroscience research and the knowledge we now have about the complexity of human nervous systems, Suzanne will share some practical, easy to learn techniques that could transform your life.

You Will Learn:

- The negative impacts of stress on health and well being
- How to identify that stress needs to be actively managed: what signs to look for and when to act
- How to listen to your multiple centers of intelligence (not just your head brain) and check in with what is really important to you about making changes in your life
- How to balance your autonomic nervous system (which when practiced can impact in two minutes to reduce stress levels)

**Facilitator: Suzanne Henwood**

Suzanne is the Director and Lead Trainer and Coach of mBraining4Success, a coaching, training and consultancy company using NLP (Neuro Linguistic Programming) and mBIT (multiple Brain Integration Techniques) to support and empower you to evolve to new levels of living. Suzanne has worked in personal and professional development and education for 25 years and brings a down to earth, no nonsense approach to help people who want to make changes in the life.

Suzanne is a diagnostic radiographer by professional background and has been working at postgraduate level for 20 years across health care and people based businesses. She has a PhD in Professional Development from a London University and is a qualified coach and trainer in NLP and mBIT.

**Numbers are limited. Book now to avoid disappointment.**

To book contact Mandy Spencer on [mandy@communitywaitakere.org.nz](mailto:mandy@communitywaitakere.org.nz) or 09 838 7903

## GETTING HERE & PARKING:

The Waitakere Community Resource Centre is located at 8 Ratanui St, Henderson. Access is up the service lane directly behind the shops – we are on top of the grassy bank, next to Harvey Norman.

If driving please note **there is no visitor parking on site**, your best parking options are:

- The multi-storey Wilsons car park, entrance off Trading Place, \$1.00 per hour
- Public car park on Corbans Hill, Great North Rd (5 min walk) \$4.00 per day
- Public car park next to The Falls restaurant, Alderman Drive, (5 min walk) \$4.00 per day
- Henderson Valley Rd, just under railway bridge, 3 hour free parking. 5 min walk
- Side Roads – free, with a walk.
- If taking public transport, you can catch a train to Henderson Station and walk for 5 minutes up Ratanui St or catch a bus and alight across from Unitec. Check out [www.maxx.co.nz](http://www.maxx.co.nz) for your public transport options.

## WAYS TO REGISTER:

**Email:** [mandy@communitywaitakere.org.nz](mailto:mandy@communitywaitakere.org.nz)

**Phone:** (09) 838 7903

**Mail:** Community Waitakere, PO Box 21-068, Henderson 0650, Auckland

## PAYMENT OPTIONS

**Cheque:** Payable to Community Waitakere Charitable Trust

**Direct Credit:** ASB - 12 3039 0827981 00 - with your name as reference.

## CANCELLATIONS & REFUNDS

Cancellation notice of more than 10 working days prior to the event is fully refundable, cancellation notice of less than 10 working days prior to the event **NO REFUND**. Substitution of attendees is allowed; written notice is required for cancellations and substitutions; no transfers between events.

## POINTS TO NOTE

- All bookings must be paid prior to the event or by arrangement with Community Waitakere.
- Course details are correct at time of publication however dates, times and venues may change. Any changes will be advised via email, please provide a correct email address during registration.
- Community Waitakere reserves the right to cancel workshop dates if event registration numbers are less than 10, in this instance a full refund will be given.

