

“Tap” Into Your Personal Power!



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Feeling overwhelmed?
Having difficulty
focusing? Does energy
and time seem to be
running away? Traffic
on the LIE, congested
areas and accelerated

lifestyle pace get boosted to even higher levels as the season's challenges manifest. In the workplace and at home, completion of projects and reaching year end goals begin to move towards a frenzied intensity, clocks ticking and time whizzing by. Whoa! If this sounds all too familiar, it's time for a stress reduction intervention before the holiday season sets in!

Stress has been identified as the #1 health risk in the US. Research has indicated that “time out” and facilitation of “hands-on” stress reduction skill building and coaching towards higher awareness of stressors and communication styles has helped to release pressures that come with working and living in

We all procrastinate; which can bring our stress level way up, and sometimes create feelings of inadequacy. Acknowledgement of being in this mode is the first step in moving forward. Procrastination is often fear based and manifests itself through negative statements such as: "not the right time now"

"why even bother...can happen (worst case scenario)."
Sometimes the act of "non-doing" is an indication that the idea needs to be tossed.

Here are some tips to Reverse Procrastination:

- Step back and reframe the situation; visualize the action as a positive outcome.
- Outline the steps needed to complete the project.
- Create realistic timelines.
 - Consider: Maybe it's time to “toss”
 - Allow new ideas to “percolate”.

EFT (emotional Freedom technique) is wonderfully successful in reversing procrastination and in reducing stress. Contact Eileen for a **complimentary** twenty minute telephone consult to discuss a program **customized to meet your needs. "Tap" into your personal power!** Eileen is a Personal Performance/Success coach and certified Level 2 EFT practitioner and can help you (or your group) reach **your** maximum potential!

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