



A Coach for Peace Talk

# Stress, Peace and Butterflies

A coaching approach to stress management

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**19h00 – 21h00, Thursday 21 October 2010**

(Registration starts at 18:30)

Le Jardin des Iles, 5-7 Chemin Colladon, 1209 Genève, Suisse

Entrance : 25.- CHF (15.- CHF for C4P Members and C4P Fans)

You can register online : <http://www.coachforpeace.org/events>

or by mail : [info@coachforpeace.org](mailto:info@coachforpeace.org)



Stress, peace and butterflies. Does it sound like an odd combination? You may be surprised!

Join us on October 21st and let's talk about Stress Management and how it can change your whole life. Big changes are often triggered by small things. Let's do this together.

See you there!

*Is stress gradually overtaking your life? Before it happens, identify its causes and learn how to cope with them. Our society tells us everyday that we should push our own limits. However, when we overstep our limits for a long time, we disrupt our emotional balance. The result is chronic stress that may develop into a burn-out or even depression. Start restoring your inner balance and improve your quality of life. The sooner you start to change, the sooner you will get the expected results.*