

Carol Woodliff

Stress Management for Busy People

Finding an Inner Oasis of Calm In the Midst of Chaos



Caught in a trap? Not enough hours in the day – too much to do? Many of us are. We are in search of some magical formula that will help us know how to be, do and have it all. Unfortunately there is no magical formula – only common sense strategies to help us deal with the stress of daily living.

Every day we hear new reports that tell us how bad stress is for us. We hate stress and the way it makes us feel but still our own self-care is the first item we cross off our "to do" list on a busy day.

Explore stress management and life balance strategies that work on those days when you feel you are being bombarded at every turn. You don't need an hour to de-stress – learn techniques you can use in under 10 minutes.

Discover practical tools you can use today to improve your ability to stay centered and in control.

- Why Traditional Stress Management Techniques Aren't Enough.
- The Amazing Power of Words.
- Five-Minute Stress Reduction Techniques.

Carol Woodliff is a sought after speaker in the areas of self-improvement, spirituality, and stress management. She gets rave reviews from teenagers to seniors!

A few of the organizations Carol has spoken at include: Caltech, The National Youth Leadership Forum on Medicine, Western University College of Osteopathic Medicine, IHOP Corp., Parker Hannifin Aerospace, California Federation of Business & Professional Women, Arizona Court Reporters Association, Skadden, Arps, Slate, Meagher & Flom, and Gibson, Dunn & Crutcher.

As a hypnotherapist in San Marino (Pasadena), CA, Carol helps clients eliminate the barriers to living well in a wide range of areas from coping with physical illness, to overcoming fears and bad habits, to developing a mindset for success.

Her presentations combine the best of mind-body practices and spirituality with practical, real-world experience gained in over 20 years of supervising and coaching employees at some of the nation's finest law firms.

Be prepared to learn, laugh and connect with information you've been searching for!

Carol Woodliff, Speaker, Spiritual Hypnotherapist & Coach

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