



PROMO Executive Stress Master

Executive Stress Master is a 30-day coaching and learning program for busy executives and professionals feeling overwhelmed by stress in life and work. Hello, my name is Scott. I'm a qualified executive coach and psychotherapist with around 30 years of experience working on these sorts of issues. We haven't met yet, but I know from my own work and my life, that feeling overwhelmed like this is not your fault. You're not a weak person. You know, stress isn't just a feeling: it's a physiological response that involves hormone and chemical release in the brain that effects feelings and thoughts. It's connected to our human instincts and so it's part of what in psychology we call the 'primitive brain'. Now that's a big thing to tackle on your own.

I'm sure you're a capable leader and professional, despite feeling stressed or overwhelmed. But stress is self-reinforcing – without conscious work it grows until its unmanageable. Stress in the workplace is often about things beyond your control. It's also about feelings of human dignity and respect. This program will help if you're feeling burned out, overwhelmed by workplace dynamics, under-skilled or overburdened by workload. Over time, our sense of powerlessness can get the better of us and wear us down if we don't act early. You're not alone – a recent study found that 65% of US workers are negatively affected by stress in the workplace.

The good news is that none of what you're experiencing now is irreversible. You're not doomed to live out your days this way. It can feel like stress, anxiety or depression has taken you captive – but that's not the case. The earlier you act the better.

You don't have to be alone as you search for a solution to negative stress. In this program I'm going to give you tools and tricks that will quickly and permanently reduce your stress. This program includes five sessions of online, face-to-face coaching with me. In those sessions, I work with you like a sports coach works with a top athlete: you'll work to a mindset for success. In online lectures and mind shift mental exercises I'll introduce you to the tools and tips that will change your mindset and improve your life. So, breathe. Relax. Let go of the tension in your jaw, your shoulders and neck, your stomach, your thighs. You don't have to do this alone.

In this program you're going to (a) increase your self-knowledge about your stressors and take immediate action to reduce them; (b) you'll use your thoughts powerfully to change negatives to positives and (c) you'll get proactive: by taking control of your behaviour and building sustainable habits. The result is positive change: you'll carve out time to feel peaceful and relaxed, you'll have more positive choices available to you at stress points at work and you'll feel good about life and better about your relationships in the workplace and at home. I've been using these techniques for years and they really work.





You can see from this schedule that Executive Stress Master is a 30-day program. It combines 4 hours of coaching with a series of online learning modules and tools to get your stress down to healthy levels. We'll also design new learning modules just for you, based on your personal preferences as you express them in our one-to-one coaching sessions.

You can arrange this program online yourself and separate from your organisation if you wish to. If you're an HR professional or manager concerned about a staff member you can book this program online for one staff member or more. I can see you within 24 hours if you need to. Just pay online and you'll be prompted to complete your life assessment and book your first confidential coaching session with me.

If you're still not sure, that's ok, click on the 20-minute free session link to book a quick call so I can answer your questions.

Remember that you can book at free 20-minute consult with me directly [here](#).



Dr Scott Berry
Executive Coach & Psychotherapist
Message me [here](#)

