

DO YOU HAVE STRESS OR DOES STRESS HAVE YOU?

PRESENTED BY ALICE WHEATON

PRESIDENT | COREGROWTH FOUNDATIONS INC.

TUESDAY, MAY 11 AT 11:00 AM VIA ZOOM

MEETING LINK WILL BE PROVIDED TO REGISTRANTS

- **What causes stress** in the first place?
- The **1% solution** to remediating stress!
- Two 'truths' that help reduce stress and help you **become more productive**.
- **Why** vulnerability (i.e. asking for help) makes stress worse.
- **Claim your energy back** and increase productivity!

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