



Hesseling & Partners

Management, Organization, Training, and Coaching



Stress Management

For people who want to thrive instead of just survive.

Every human being sooner or later has to deal with stress, the amounts may vary, but dealing with it will never stop. Learning how to manage your stress instead of being pushed around by it is paramount to being effective and having a successful life.

Stress can drain your energy, cloud your clear thinking, and burden all of your relationships.

Stress can keep you awake at night and jeopardize your health. Too much stress makes you an easy target for all kind of unhealthy habits; fast food, lack of exercise, increased sugar intake, smoking, drinking, all kind of drugs, overeating, basically an endless list of things of which you deep in your heart know, you better shouldn't give in to. These habits may soothe the stress in the beginning but will bring you eventually farther from home and they come at a prize.

I worked as a stress counselor for more than ten years with people with a *burnt-out syndrome*. My clients were people from all walks of life who simply overworked themselves to a point that their bodies almost gave up on them.

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After my formal education as a Social Worker (Education degree), I tried an array of therapies and approaches myself as a client in search of effective ways to support people in better dealing with their challenges and stress. I found and tested practical methods that work in everyday life and that helped my clients to restore energy, and self-esteem and their work-life balance in a very short period of time.

What's in it for you?

With my hands on approach, you will get the right support, the tools, and practice and learn how to manage your stress instead of being managed by it.

After all, you only live once and you deserve a good life. The better you organize your *Work-Life balance* the more valuable you will be to yourself, your family and your company because of your increased focus and energy.

Re-energized and with a clear mind, you now are ready to learn how to develop your Soft and Leadership skills to support the people around you, influence them in a constructive way to help them bring out the best of them and if needed create a well-performing team.