



## **Energetic Stress Management**

With  
**Sylvia Plester-Silk**  
Holistic Energy Therapist



This is not your average Stress Management Course!!

You will discover the keys to unlock and release your stress.

Everyday life brings with it a generous amount of stressful events. It's not the events but how we react that determines the final effect on our mind, body and soul. We can learn to respond instead of react and therefore lessen the toll.

In this course you will explore how you are personally affected by stress, and learn energy therapy techniques that you can personally use to reduce your own stress level.

Sylvia has a gift of sharing information in an easy to digest format that leaves the listener entertained and informed. Sylvia has been collecting wisdom for many years, initially as a Social Worker and Addictions Counsellor and for over a decade in energy work. Sylvia is a Holistic Energy Therapist, is a Registered Social Worker and a Certified Addictions Counsellor.