

Stress Management

One-day Stress Management workshop with focus on relaxation and rejuvenation



“Stress Management” One-Day workshop is efficient and fun, helping a group become relaxed and stress free

The focus of the workshop is to achieve balance between personal and professional life. The first key to stress management is self-awareness. This is achieved during workshop through unique techniques of Aura Alignment and wheel of life exercises

Positive Behaviour Change: ‘Stress Management’ workshop aims at reducing Stress and **improving efficiency and focus**. Many techniques are taught such as meditation, action plan writing, prioritizing to help all participants chalk out a life plan

This workshop empowers participants to change their thinking and working styles; bringing about positive behaviour change. It’s all about balancing personal and professional life!

Learning outcomes:

- Stress management techniques
- Self awareness
- Aura cleansing techniques
- Balancing personal and professional life
- Better understanding of self and others

Material provided

- Comprehensive workbook
- Meditation audio CD

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Testimonials

“I have never been so relaxed! Thanks Shivani for this lovely day”

Jason

“The stress management techniques taught in workshop are very practical and easy to follow. I promise to continue using them”

Ali

“I loved the presentation and the way it unfolded. The meditation we did was amazing”

Aruza

“Last few months have been hectic and I found a way to balance my life after this workshop”

Charu

Shivani Adalja is a well-known new age wellbeing consultant in the Middle East and Gulf region. She has done consulting work for world-renowned spas like Chivasom in Thailand. She regularly conducts Aura Alignment workshops in Australia, Thailand, Hong Kong, Belgium, China, Indonesia Oman and India. Shivani runs her Alignment Institute in Abu Dhabi, United Arab Emirates. She is renowned for her knowledge about Aura Alignment and Feng Shui Alignment. She is invited in MIND BODY & SPIRIT festivals across Europe and Australia to undertake private consultations and conduct Aura Alignment workshops. She regularly writes for many global publications and has been interviewed by international media

