

It's time for you to get.....

The 3D Effect

The programme is designed to give you the 3D effect, de-stress, delete and develop.

De-stress. Interested in living at peak performance? Interested in turning stress around so that it always works for you? Interested in finding out your unique profile that shows the links between self motivation and stress? Discover the answers for you.



Delete. Learn how to literally delete the sources of stress and its effects from your life. Only you can manage what you do. Master the steps to take control and create a new future which is what you truly desire.

Develop. Optimise your potential. Develop what is more true for you, that leads you to clarity, focus and stress free responses.

*Invest in yourself and reap rewards in the future.
Benefit From:*

- *An individual stress profile for future reference*
- *A process to challenge your stressful thoughts*
- *The ability to delete sources of stress for yourself*

For more information on this course which will be hosted at the Paramount Marine Hotel in Troon on Friday the 5th of October please contact:

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0141-582-1474

Or email her on donna@clearwaterbrookes.com. Numbers are limited so speed is of the essence to capitalise on this unique event.