



## EMCoaching by Elisabeth Møllgaard

– a certified life coach and stress coach educated in Denmark. Coaching in English, Danish and Dutch and speaks German as well.

My special areas of competence are stress management, mindfulness, communication skills, exploring lasting solutions for the client, resource identification, improving relationships, and parenting.

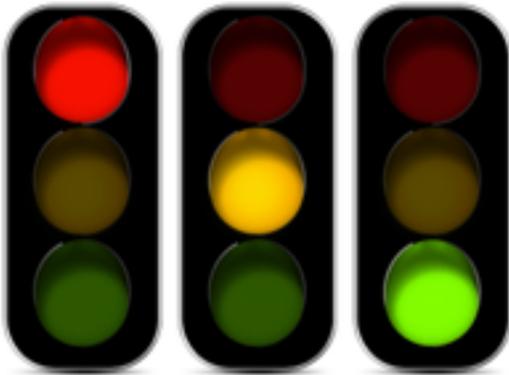
From teaching groups on mindfulness and stress management I have realised the degree to which daily life is stressful for a lot of people. Sometimes awareness techniques like mindfulness is enough to get you back on track, sometimes you need more specialised coaching directed towards stress to change the situation.

If you feel that you would like to improve your ability to get positivity and balance back into your working or family life, have a look in this flyer at the possibilities for Stress Coaching and Management.

Find out more at [www.EMCoaching.lu](http://www.EMCoaching.lu)  
or  
[blogs.angloinfo.com/life-coaching-lux/](http://blogs.angloinfo.com/life-coaching-lux/)

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Everybody can get stressed. Actually, people never get stressed on purpose, it always happens by mistake. For instance by a pattern of thought/behaviour that once was useful but in the present situation does not work.

Whatever your occupational status, you probably are – or have been – a busy person, and the solutions we find together will have to fit into your life. They will most likely be different from what you expect, but it's important to identify the exact resources and options that work for you.

During a structured number of meetings we will identify lots of small and bigger things you can implement in your daily life to help yourself.



## What is Stress?

**Stress** is first and foremost a physical reaction to a threat. The body reacts by releasing stress hormones, and when the threat is not present anymore, the body is supposed to return to balance after a while.

What many people call stress is just to be busy. That is ok! But if your body does not get the chance to get rid of the stress hormones for a prolonged period of time, the very mechanism that is designed to protect you creates a state where your body is slowly getting damaged:

**Green Stress Symptoms (the body is activated):** temporary palpitations, tremor or tics. Sweating, dry mouth, pressure in the chest, tenseness.

**Yellow Stress Symptoms (body & mind out of balance):** Tiredness, sleeps badly, constantly thinking, restlessness, irritability, inner resistance, crying easily. **By repeated or prolonged stress**

**Red Stress Symptoms (imbalance is too big):** Forgetful, absent, illnesses get worse, less social, increased use of stimulants, more aggressive, abdominal problems. **The body says STOP**

# STRESS COACHING

is a series of structured coaching sessions

focusing on releasing you from stress symptoms

and on developing skills and strategies for preventing stress to accumulate

in order to return to a positive & balanced life

## What is Stress Coaching?

Stress-coaching can help you understand how to take you from feeling down and stressed to being happy and resourceful.

Stress-coaching is a 'hands-on' approach with a number of specific strategies to getting the stress 'out of your body and mind' and applying skills for preventing the stress to accumulate.

75 percent of people with stress symptoms are back on their feet after two months. If you have been severely stressed for a prolonged time (years) or if you suffer from burnout it most likely will take longer.

## Contact and Information

**Stress Coaching** Over a period of two months, approximately, we will meet 7 times or more according to your needs. Hourly rate 80 Euro incl. VAT (or 500 Euro for 7 times)

– If you would like to explore the possibilities for **Mindful Stress Management** please join us at the **Monday Lunchtime Breathing Space** (Kirchberg). We will explore Mindful Stress Management through body awareness, mindfulness exercises, stress management coaching and meditation

Find more information at [www.EMCoaching.lu](http://www.EMCoaching.lu)

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LUXEMBOURG  
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