



## STRESS MANAGEMENT

Ground-breaking programmes which offer you and your colleagues practical tools to increase physical, mental and emotional wellbeing, dissolve stress, cultivate inner balance and enhance effectiveness in the workplace.

Paul, IT Consultant

“Dru has benefited every part of my life; myself, my relationships and my business.



## STRESS MANAGEMENT

### bespoke seminars & programmes

Tailored seminars help you enhance the effectiveness of your working environment. Cultivate work-life balance, health and vitality, motivated teamwork and value-based leadership.

### mentoring programmes

We offer individual mentoring programmes and personal consultations to those who wish to further unlock their potential and discover ways to achieve greater personal growth.

Learn how to direct and practicalise your innermost goals to manifest the life you really want.

### Why tackle stress?

60% of all work absence is caused by stress-related illnesses, totalling 40 million working days per year. With the first cases of litigation occurring in Britain for stress-related conditions, it is becoming vital that employers take steps to ensure their employees are protected from excessive stress.

### Why Dru?

We emphasise a whole-person approach to stress management because life is experienced on many levels; physically, emotionally and psychologically.

Dru stress-management programmes teach ways to relax and detoxify the body, balance the emotions and bring greater clarity and focus to the mind.

## deep relaxation

Discover quick, effective and effortless ways to activate the body's relaxation response, whilst learning the fundamental nature of deep relaxation.

Learn a variety of autogenic relaxation techniques that help you relax quickly even amidst great stress.

## emotional balance

Enthusiasm and passion are essential for success. Increase your EQ (Emotional Quotient) and create a greater sense of motivation and natural confidence.

To help you maintain high energy levels, even when the going gets tough, learn techniques to transform negative emotions into their positive counterparts.

## body management

Stress is stored in the body; in muscles, joints, tissues and cells and can cause illness such as headaches, migraines, IBS, fatigue and heart conditions.

You can expect concise, energising physical warm-up movements to relieve stress-induced tensions and tiredness, as well as movement and breathing methods to release specifically-targeted stress from the body.

## mind management

Move beyond self-limiting beliefs, creating more positive thought patterns that enhance your whole outlook on life.

Learn how to rapidly transform 'self-sabotaging' habitual thought patterns at a bio-cellular level and cultivate perceptions that help you respond well in stressful situations.

## health and nutrition

Under stressful conditions the body's nutritional requirements will increase quite dramatically. A tailored nutritional support programme is an essential component of a stress-free life.

“I work with a large number of people, many of whom carry a lot of responsibility. The benefits the Dru programme has brought me have not only dramatically reduced my own stress levels, but also increased my awareness of, and response to, the daily pressures that are faced by most of my colleagues. As a result, people value my increased creativity, clarity and calm and my client base has expanded.”

📍 J S, Senior Financial Management Consultant,  
Australia Federal Government

“With Dru’s tools, I have been able to gain greater awareness about who I am and how I want to be. This has helped me immensely as I’ve been able to make choices about how I can attain greater authenticity in my professional and personal life.”

📍 AD, Former TV Producer, UK

“I’ve attended many Dru events and routinely reap the benefits of the exercises and techniques I’ve learned. They’re not difficult - even a 15 minute session at the start of each day can transform my working day.”

📍 Jon, Marine Biologist, Sweden

“In this fast-moving world, Dru helps me to gain insight and overview in all that happens in and around me. In my workplace people consult me now for more than just business reasons. Dru transforms you into a source of inspiration to others.”

📍 Philip, Business Consultant

