

# DEALING WITH STRESS – a spiritual approach

## *Learning to live in peace again*

Stress is simply the messenger guiding us back to a state of balance and health.

This seminar will identify the root causes of stress and move us from fearing change to embracing it: help protect ourselves from negative and stressful influences and discover the spiritual core at the heart of harmonious relationships.

John McConnel, a stress management trainer, a former prison governor and social worker will share from his own journey how actively dealing with stress helped him deal with tricky situations within the workplace and his own personal life.



**Date:** Thursday 15<sup>th</sup> February 2018

**Time:** 2.00pm to 4.30pm

**Venue:** Essex Unitarians Church, 112 Palace Gardens Terrace,  
Kensington, London, W8 4RT

**Nearest Tube:** Notting Hill Gate

**Cost:** £15 per delegate, £5 for unwaged/student  
Limited concessionary places are available

**Bookings:** [via Eventbrite – please click here](#)