

The Top 9 Hacks on How to Beat Anxiety

The 5 hours Zoom Workshop is BACK but this time is REVISED and UPGRADED.

Bilyana will be teaching the 9 HACKS that combine different strategies, concepts and techniques elegantly designed in step-by-step system to help you manage better and beat the state of Anxiety.

The Workshop is comprehensive and evolved through Bilyana's work with clients suffering with Anxiety Disorder, Depression, Stress and Burnout Syndrome. All the hacks have been used in her work at some point. Recognising that there is 'no one pill cures all', Bilyana selected the strategies used most successfully and organised them in a program that gives complex understanding and helps the client work their way through the state of Anxiety, resolve triggers and learn to generate a new, more beneficial mental state.

The Idea

Face your fears and resolve Anxiety by recognising it is telling you something and it is working in order to protect you. We will be working on learning effective, successful and easy to understand and apply hacks that can be used on daily basis.

The Workshop is not therapy but an educational – therapeutic tool that presents the organised into Hacks, strategies, concepts and techniques that are adaptable and can be used for the purposes of emotional regeneration, personal growth and mental health well-being.

The Aim

To understand, accept and change the mental state that Anxiety Disorder generates by examining our physiological symptoms, cognition, emotionality and enhance the use of our imagination to help us design and bring to reality different, more beneficial state of mind.

Who can benefit from the Workshop?

- **If you suffer with the condition** - The Top 9 Hacks on How to Beat Anxiety will be beneficial to individuals who suffer with the condition and would like to understand better what is happening while in anxious state.
- **If you are a carer** – If you are looking after someone who is suffering with Anxiety Disorder, this workshop will help you understand more emphatically the condition and the reality of living with it. Some of the strategies are so easy to understand making them easy to apply on daily basis or when needed.
- **If you are a student counsellor** – You may like to get 'hands on' with the strategies and expand your toolbox that enables you to use any of the hacks where suitable.
- **Teachers, Human Resources Managers, Nurses** – any professional that works with people predominantly, will benefit from the Workshop as it

will increase the awareness of the symptoms and help the professional be more emphatic and vigilant in recognising the condition.

- **Anyone that has a love of learning** would like to know more about how to understand and beat Anxiety Disorder.

The Benefits

- You get a FREE PDF workbook with information and exercises that we do during the Workshop.
- Each of the participants will get one COMPLIMENTARY post-workshop, one-to-one session with Bilyana arranged in mutually convenient time so you can work through the hacks together and adapt them to suit your individual needs.
- In addition to the benefits, each participant gets 50% discount Voucher of Bilyana's November In-Person Workshop 'The Art of Staying In Love' on how to keep our intimate relationships going from strength to strength. This Voucher is transferable to other people if you, yourself cannot attend.
- Free entry to our private FB community Anxiety Disengaged where you can find information, discounts, help and free resources on how to deal with Anxiety Disorder, Depression, Stress and Burnout Syndrome.
- One of the participants will get for free the new program that Bilyana has been working on. This is a special strategic, one-to-one 3 hours 'MOT for the Soul' session that you do once a year and you revisit issues that you are struggling with, identify parts of you or life that need addressing and map your future with clarity congruent to your real dreams, goals and aspirations.
- Every participant will enter into the end of the year draw where One person will win the one-to-one Habit (Trans)Formation therapy no matter the issue and how long the treatment would take.

The Workshop fee is £125

Book before 26 or July 2020 and get the Early Bird Discount - £69

Link to where to pay...