



Better Beyond Coaching Solutions Presents 3-Day Virtual Summit Focused On How To Eliminate Stress

June 11, 2015

June 11, 2015 - PRESSADVANTAGE -

Today's society is a fast moving one as everyone is on the rush and the level of stress is extremely high. There are many ways to fight this phenomenon, but as always, the best way to deal with a problem is to start talking about it. This is why Better Beyond Coaching Solutions, an organization that deals with solutions and strategies for women that have reached mid-life, presents the "Say 'Yes'... to a Stress Free Summer Mindset" Telesummit.

The event will be hosted by Diane Adkins, a certified master life coach, NLP Practitioner and a certified law of attraction basic practitioner. It will start on June 16th 2015, at 9:00 AM EST and end on June 18th. A great number of experts ready to share their knowledge, answer questions, give advice and offer, at the same time, practical solutions will be ready to welcome anyone interested in dealing with this life-threatening disease. It's a seminar that will help people to manage daily stress, improving, therefore, both their professional and personal lives.

People who want to participate can register today to receive professional advice from experts such as Jodi Flynn from Luma Coaching, Lisa Birnesser from Transformations Massage & Wellness Center and last,

but not least, the host, Diane Adkins.

On the second day of the event people like Christian Haxton -- Sustainable Leaders and Lauren E. Miller from the Caroline Sutherland University -- Medical Intuitive will discuss in further detail about the ways one can fight and eradicate stress from their life.

On the last day of the telesummit, a short review of everything that has been discussed over the last few days will be made so that it will be easier for the attendants to retain the essential information.

Those who are feeling overwhelmed by the amount of work they have to provide or by the amplitude of the events going on in their lives such as troubling relationships, health issues, the loss of a job or expecting a baby are under a constant pressure on a daily basis. All of these issues can lead to the increase of blood pressure, the inability to concentrate, depression, eating disorders, lack of energy, anxiety and the list can go on. All of these bad scenarios can be avoided simply by recognizing the fact that there might be a problem. The willingness to talk about it and find out what is causing it is also of great help.

Joining this seminar could turn out to be a life changing decision. As the speakers mentioned, this event could have an important effect on many people's quality of life. A positive thinking and knowing how to eliminate stress will have an impact on the way individuals organize their lives. Those who are interested can register for free for the "Say 'Yes'... to a Stress Free Summer Mindset" Telesummit. Register Today.

###

For more information about Better Beyond Coaching Solutions, contact the company here: Better Beyond Coaching Solutions Diane Adkins 9196614404 dadkins@betterbeyond.com 124 Chalcedony Street, Raleigh, NC 27603 USA

Better Beyond Coaching Solutions

Better Beyond Coaching Solutions is dedicated to providing strategies and solutions to women in their 40s and 50s who want to live a peaceful, happy and fulfilling life.

Website: <http://www.betterbeyond.com>

Email: dadkins@betterbeyond.com

Phone: 9196614404



