



# Personal Development *Dealey*

## “Let Me Give You the Secrets to Protect Yourself Against Overwhelm in a High-Stress Work Environment!”

“I promise you the ability to remain optimistic while enjoying the emotional fulfillment of helping others in their time of need.”

Being of service to others who are in a difficult or life-threatening situation can be one of the most rewarding jobs in the world. You help people find their way through what seems like insurmountable obstacles. Because of your contribution, their lives often change for the better. But as satisfying as it is, it's demanding work and a challenge to keep healthy work-life boundaries.

We are all affected by the people with whom we associate. When helping people who are stuck in positions of

danger, depression and anxiety, you may become easily infected by their troubles with no apparent escape. You're not alone. But finding relief will never come unless you do something different about it. In the program, “Master Your Emotions for the High-Stress Work Environment,” Bret Dealey provides you with a proven oasis of relief from emotional stress and overwhelm. Feel increasingly confident, competent and healthy as you learn empathetic objectivity, boundary setting and self-care.



### Your Program Leader

Bret Dealey is the founder of **Dealey Personal Development**. As a graduate of Virginia Commonwealth University, Bret combines the fields of modern psychology and the science of achievement to deliver the lasting personal and professional success you seek. With a cumulative background of over twenty-five years in group and private coaching, he is a motivational speaker and trainer, training medical, mental health and other professionals along with companies, schools and clergy who regularly use his programs. He is also a Certified Clinical Hypnotist through the National Guild of Hypnotists and the American School of Clinical Hypnosis.



## Are you getting the care YOU deserve?

### What makes this program unique?

Anytime you want to accomplish a goal or make an improvement in your life, there are two crucial components for achievement: strategic actions and inner mindset.

Strategic actions are actions we take toward the outcomes we desire. Inner mindset is our unconscious beliefs and feelings that either propel us toward success or sabotage our efforts. When you struggle in any area of life, most likely you have focused on strategic actions while sacrificing the critical component of inner mindset that's essential for your success. **This is the only program that teaches you the proven inner mindset techniques you've been missing.**

### What you will discover:

- A remarkable three-step process to dissolve distressing thoughts and put problems into a life-affirming perspective
- How to set healthy emotional boundaries to insulate yourself from other people's trauma
- A surprising and natural way to eliminate symptoms of stress like: sleeplessness, exhaustion, appetite disturbance and heightened emotional reactions
- How to manage emotions and situations without using overeating or other means to self-soothe
- A fast, sure-fire mind technology to switch off work pressures and keep them separate from your private life
- How to replace obsessive mind-chatter with effortless awareness and tranquility
- How to meet your own needs for relaxation, fun and feeling understood by those closest to you

THANK YOU

Register  
Today!



**"Master Your Emotions for the High-Stress Work Environment"**

**Half-Day Workshop  
Thursday, March 10**

**1 p.m. – 4 p.m.**

**Mimslyn Inn**

**Sponsored by  
Choices of Page  
County**

**Phone: 504-743-4414**



**Dealey Personal Development**

*"Infinite Success through the Right Use of Mind"*

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