## STRESS TO STRENGTH FIA HOBBS SPEAKER & AUTHOR



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**Fia Hobbs** 



International Speaker & Stress Management Expert

#### FOUNDER OF THE

Coaching Program Stress to Strength 5 – Step System

3 Coaching Packages Tress 1, 3, or 6 months Trength

#### TAKING YOU THROUGH THE TRANSFORMATION

Our proven 5 - step Stress to Strength Program takes you by the hand and together we look at stress factors and work from a subconscious to a conscious level.

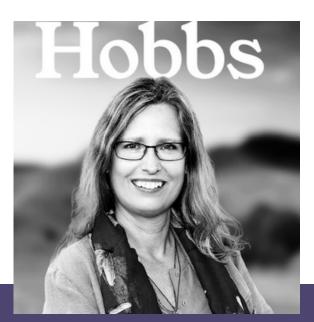
With the 5 vital steps for a sustainable life, you will take charge, have better options and coping strategies to achieve a better quality of life.

# Going from Stress to mental Strength

### HAVE YOU NOTICED HOW HARD IT IS TO DO IT ON YOUR OWN?

Without a proven system to guide you, it is easy to fall in the same trap, over and over again.

Find a solution that works!



Contact information fiahobbs@gmail.com

www.fiahobbs.com



# The Advantage of Accountability

WITH STRUCTURE AND A CUSTOMIZED APPROACH

The highest achievers understand the importance of having a personal coach to transform sabotaging behavior on a subconscious level to alleviate stress.

Becoming aware of our blind spots, stress factors, gaining better coping skills and help to implement and integrate is what we do. You will gain a better quality of life!



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**Stress to Strength 5 Step Program** 

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# Brief Overview of Coaching Packages

#### 1/3/6 MONTHS

- Commitment & Engagement
- A first explorative Zoom call
- 1 session a week over Zoom
- 1 weekly check-in through text or short 5 minute call
- 1 emergency call when urgent coaching is needed
- Templates
- Coaching happens Monday-Friday

Book a free call to see how we can work together!

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