

# RELEASE PROFESSIONAL ANXIETY TO UNLEASH YOUR GREATNESS

## LAUREN BELL

*Wellness & Wealth Coach, Registered Nurse, B.A. Sc. (Health Promotion), Grad. Cert. Clinical Nursing, Grad. Dip. Counselling*

### INTRODUCTION:

Anyone can experience professional anxiety at any time. It relates to how we feel at work, our workplace relationships, and our goals, dreams, and ideals for our career, business, money, and wealth.

Are you stressed and frustrated but can't seem to get ahead?

Do you feel unappreciated, undervalued, overworked, exhausted?

Do you have dreams of helping people in a big way, sharing your gifts and impacting the world as a caring professional?

Our health systems are struggling, understaffed, expensive, and not caring for their workers, so they feel unheard, valued, and appreciated. Stress is the norm, taking its toll on health, relationships and well-being. And burnout rates are escalating with professionals leaving the industry. Like many drawn into service industries, I had desires to make a difference in the world, to help people. I wanted my workplace to be one where I felt valued, encouraged, strengthened and nurtured to bring out the best in all its employees for better care for all within its services.

In my journey through burnout, I discovered that change must come from within myself. Selfcare is necessary, particularly when caring for others, but it is not simple, nor is it embraced.

**AIM:** This presentation provides an understanding for participants why this is so and shares my Soaring Free formula for self-leadership for increased self-worth, confidence and communication.

**CONCLUSION:** When we lead ourselves from fullness and acceptance, we can be the change we wish to see in our industries, workplaces, homes, communities and the world.

When we transform our inner world, the outer world transforms too.

**KEYWORDS:** Professional Anxiety, workplace anxiety, burnout, self-doubt, self-leadership, leadership, self-worth, confidence.

### BIOGRAPHY:

After 35 years as a registered nurse and 16 years as a holistic therapist, Lauren is a successful wellness and wealth coach, thought-leader, speaker and author of *The Anxiety Relief Handbook*.

Lauren coaches caring professionals who dream of helping people in a big way. The blocks to wealth and success, including self-doubt, anxiety and burnout, are transformed to reveal on-fire enthusiasm and charisma, the key to skyrocketing health and wealth and being valued at the highest level.

### Qualifications:

- Registered Nurse
- B.A. Sc. (Health Promotion)
- Grad. Cert. Clinical Nursing
- Grad. Dip. Counselling
- Tapping into Wealth Transformation Coach
- Certified BodyTalk Practitioner

EFT Practitioner



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