

}getabstract

EXPERT WEBINAR

The “Stress Off” Button with Richard Sutton



The “stress off” button is real – and it is available to you at any time!

Stress is a global pandemic that profoundly impacts our health and well-being. Learning how to navigate a world full of uncertainties and disruptions is something everyone needs to do. This masterclass offers real-time solutions together with a long-term strategy against one of society’s most prolific challenges.

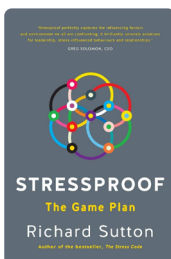
You will learn how to:

- Regain control over stress.
- Protect your physical and mental health.
- Thrive amid global uncertainty.

Watch the webinar here:

Vimeo

YouTube



Richard Sutton is an adviser on stress management and adaptability to industry leaders, top athletes and Olympic teams. He is widely regarded as an expert in the field of genetics and their role in resilience and human performance. Richard has been a post-graduate lecturer in the areas of performance, health and athlete development for almost two decades. He is the author of the bestseller, *The Stress Code*, a “surviving to thriving” guide to stress. His second book, *Stressproof*, addressed to leaders and decision-makers, came out early this year.