

# 21<sup>st</sup> Global Nursing Education Conference

4<sup>th</sup> International Conference on

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## Holistic Medicine and Nursing Care

March 25-26, 2019 | Orlando, USA

WORKSHOP | DAY 1

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### Stress management using the power of energy

**Objective:** To introduce simple energy healing techniques for stress management that is practical and can be done anywhere.

**Workshop Description:** (a) What? Identify different ways that stress manifests in your daily life. Awareness is the first step to change. (b) Where? Self-evaluation of stress level, it is important to know where you stand and to how stress affects your life. Once you can measure

your stress you will be able to evaluate which technique works better for you. (c) How? Learn 5 stress management techniques (lecture and practice).

#### Biography

Carolina Ayala focuses on helping organizations to improve through leadership and organizational development combine with subtle energy techniques. Life becomes easier, clearer and happier as you understand how energy affect every aspect of your life, that's why she addresses emotional, physical and spiritual difficulties and promotes wellness and connection as a means to living your best life by using energy healing to create change at the level of the soul, freeing you to move forward towards your heart's desire and allowing your light to shine, enhancing yourself, your community, and the world.



**Carolina Ayala**

Holistic Executive Coach and Certified Pranic Healer, USA

[Carolina@CarolinaAyala.com](mailto:Carolina@CarolinaAyala.com)