

Emotional Self-Care

With **Eliza Pankova**

11.04.2024

18:00-19:30 CEST

Zoom

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Have you ever found yourself replaying a situation in your mind, wishing you had acted smarter or kinder?

Have you ever set out to study, work, or do something healthy, only to find yourself not executing the way you knew you could?

What's wrong with you?

- Nothing is wrong with you!

You are neither stupid nor vicious, nor lazy. You simply lack the right tools and skills to release your emotional tension effectively.

When life throws challenges our way, we instinctively produce tension. How we address that tension makes all the difference between acting:

- foolishly or smart
- rude or kind
- between self-sabotaging or giving our best
- and between stress that harms our health or... well, feeling great!

Join our Emotional Self-Care webinar and discover a simple, yet powerful emotional self-care technique. Uncover and harness your natural ability to release the emotional tension that prevents you from feeling great, and to be who you want and who you know you can!

Eliza Pankova specialises in empowering individuals to prioritise their emotional well-being. With eight years of dedicated experience, she leads transformative training courses, hosts interactive live and online group sessions, and provides personalised mentorship. Eliza equips clients with proven strategies for managing their emotions effectively, enabling them to lead happier and more fulfilling lives.

The webinar is organised in the frame of the "Stop. Reflect. Do Better" project by SCI Poland, co-funded by the European Union. The project supports the well-being of professionals, youth workers, coordinators, and peace activists.



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Stop.
Reflect.
Do better!

