

CORONAVIRUS CRISIS WEBINAR SERIES

STRESS – The Mind/Body Connection and How We Can Stay Sane

April 5, 2020, 4 PM

Please register at <https://www.washingtonglobalrotary.org/Events>

*“We must look at the lens through which we see the world, as well as the world we see, and understand that the **lens itself shapes how we interpret the world.**” – Stephen Covey*

The single most important condition that is in our control is our beliefs. They shape every aspect of our life and understanding them is crucial to our well-being. This is especially true during times of heightened uncertainty and fear. This talk will help you understand some of the physiological effects of stress and how research has **proven** that we can counter it with mindfulness such as meditation. Visualization and breathing. The talk will end with a mindfulness exercise.



Naheed Oberfeld is a mindset coach for success and an Emotional Freedom Technique (EFT/Tapping) practitioner. She works with successful entrepreneurs and corporate executives to achieve their next level of personal and professional success. Naheed's unique process helps you uncover old stories that continue to impact, and at times, slow down success. Our performance and growth is fueled by our unconscious patterns, which are tied to our beliefs.

As stated by one client “ By unblocking barriers to my success, I landed a promotion that will allow me to best use my skills in a dynamic workplace. Naheed has a gift for identifying blind spots and provides tools for getting unstuck.” After 15 years of experience in the corporate world, including fortune 100 companies, Naheed left the Finance industry to embark upon her passion. Her goal is empowering others to create greater financial success *without stress and struggle*. She works with individuals and groups from all over the world helping them overcome their personal and professional obstacles that lead to a happier and more abundant life. Life is a journey but discovering new ways to take the journey can lead to greater fulfillment and purpose.

