



Success without Stress

Success without Stress is a powerful 2 - 2.5 hour workshop, ideal for students in Year's 12 & 13, looking to overcome exam pressure and achieve outstanding results both academically and in life.

In the Success without Stress workshop, Darren presents almost **10 years** of personal study and deep research in psychology and philosophy to drive to the **root cause** underlying:

- student stress;
- poor performance; &
- low self esteem.

The workshop goes far beyond the basic motivational tips and stress management techniques spoken about today and deals with:

- success strategies to conquer the **3 causes of stress**;
- how to overcome the **4 major fears** that inhibit performance;
- 6 keys to **preventing burn out**;
- practical ways to develop a **positive self image** and **succeed**; &
- the secret to creating strong **self belief, inner confidence** & becoming **self motivated**.

Darren not only understands the importance of presenting a meaningful message but prides himself on engaging students at **all** levels by using a combination of:

- carefully chosen music to immediately **change state & create atmosphere**;
- live demonstrations to gain **maximum involvement** and **full attention**; &
- spaced repetition & memory tags to **maximise retention** & ensure **easy learning**.

Darren is an educator and a motivator of young people which means he presents:

- powerful concepts;
- universal principles; &
- practical strategies...

in a:

- fun;
- entertaining; &
- inspiring way.

Students find Darren's passion for life infectious. They relate to him easily because he is young & admire him for achieving international recognition in his field by the age of 25.

If you're looking for a workshop that is guaranteed to leave your students filled with **confidence** & **empowered** with the knowledge to achieve **outstanding performance**, book Darren early and avoid disappointment.

If you would like to book Darren, act now as he books fast!

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