



Emotional Detox Workshop

Emotional health is the ability to cope with stress, express emotions appropriately, and maintain a positive outlook on life. It is crucial for Christian women well-being, engagement, productivity, and innovation. However, many women struggle with emotional stress due to various factors, such as poor work culture, personal issues, and/or traumatic events. These factors can trigger negative emotions, such as fear, guilt, shame, frustration, and resentment, that can impair your mental health, physical health, and work performance.

Ready to relieve stress with others? Do you find encouragement working together in a group? In this workshop, I will help you “re-frame” your reactions and provide you with valuable tools to cope with life’s obstacles. The Emotional Detox workshop teaches Christian women how to detox from negative emotions and manage their emotion in a healthy way. The workshop is two hours and can be offered virtually or in person. The workshop is interactive and life changing. Christian women leave with more serenity, stability and harmony in their lives.

Email us today to find out how to bring the Emotional Detox Workshop to your church or faith-based company. Email admin@stress-easy.com

As a thank you for learning more about the presentation, we will send you a special resource guide!

30-Day Emotional Detox Regimen

When is the last time the women in your ministry or faith-based company detoxed emotionally? Life has a way of causing us to carry hurt, unforgiveness, stress, guilt, and grief. If not careful, we can allow those emotional toxins to hinder our growth. In this 30-Day Detox Regimen women identify and release negative emotions, develop a positive mindset, and achieve their personal and professional goals.

This 30-Day regimen was designed by Min. Carenda Deonne through her own personal healing journey. This is a self-paced program which comes with an affirmation, a 30-Day accountability calendar and more. Each day, you will be challenged and motivated to complete necessary assignments that will help you to alleviate stress, build emotional resilience and deepen your love relationship with Christ, and others. To get started on your 30-Day Emotional Detox Regimen email us @ admin@stress-easy.com