

ABOUT STRESS EASY

At Stress Easy, Christian women no longer have to endure the weight of their pain alone. We provide courses, keynote speaking, and workshops to help you reduce stress and anxiety, build emotional resilience, enhance both your mental and heart health, and teach on conflict resolution.

Our approach is helping women live Stress Easy mentally, spiritually, and emotionally.






WHY DETOX EMOTIONALLY?

Have you ever said to yourself enough is enough? Life has a way of causing us to carry hurt, unforgiveness, stress, guilt, fear, and grief. Staying in this negative emotional state too long will affect your way of thinking. It will have you to believe that you are not good enough, gifted enough, and that it's too late for you. I'm here to tell you, it is NOT too late; better days are ahead!

www.stress-easy.com



CONTACT FOR MORE INFO

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STRESS EASY

Helping Christian Women Build Resilience

OUR SERVICES

- 01 Emotional Detox Workshop
- 02 Emotional Detox 30-Day Regimen
- 03 Stress Management Course/Webinar
- 04 Mediator Training



TESTIMONIAL

The Emotional Detox Workshop gave me a renewed sense of empowerment.

I highly recommend this workshop to anyone who feels overwhelmed and overpowered by the stressors they encounter in every aspect of their lives. The program lives up to its title!

Terry Caldwell- Licensed Clinical Social Worker/Psychotherapist



ABOUT CARENDA, NCPMT M.A. IN LAW

Carenda Deonne is the founder of Stress Easy LLC. Carenda is an expert in helping Christian women rise above their circumstances. She has a natural ability to connect with women and empowering them to increase stability, serenity and harmony in their life. Carenda is a minister, author, workshop facilitator, TV personality, and certified Mediator Trainer.

