

A NEWSLETTER from the desk of Tony Yuile



Hi and welcome to the first edition of my quarterly newsletter. The articles in this issue have a common theme - finding relief from anxiety.

Helping people to develop the life skills to master anxiety, stress & depression is a particular passion of mine.

My overall goal as a coach is to help people live more purposeful, more fulfilling and more joyful lives.

If you'd like to explore how I can help you achieve your goal(s) or overcome obstacles or problems that stand in the way of your success, happiness and well-being, [contact me](#) today.

And if you can't wait to read the next issue of this newsletter why not head over to my website where I publish a weekly [blog post](#).



The benefits of taking short breaks during the day combined with mindful walking

A [recent study](#) published in the Journal of Applied Psychology found that employees who took short, frequent breaks enjoyed higher job satisfaction, reduced exhaustion, and a greater willingness to go beyond assigned tasks. So, when should you take a break and for how long?

There's no harm in finding what works for you, but a good formula is to take five minutes for 30 minutes worked. So if you work for an hour, take a 10-minute break. And while you're enjoying your break why not use the time to practice a walking meditation? [\[read more\]](#)



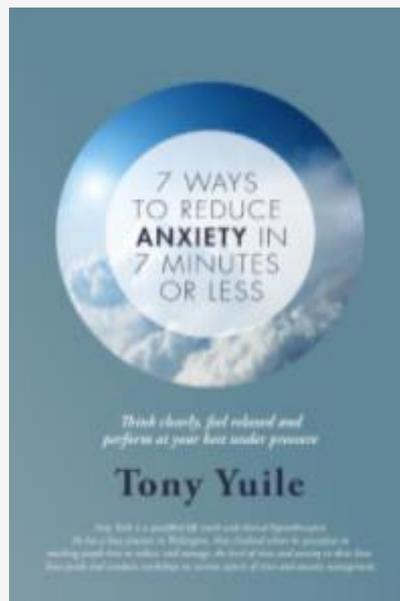
Special limited offer - a FREE coaching session for people struggling with anxiety

Do you suffer from anxiety?
Then this is for you. I have a

fabulous offer for you that will not cost a cent! If you (or anyone you know) have been struggling with anxiety for a while then I'd like to help you. I'd like to invite you to take me up on a special and rare offer. [\[read more\]](#)

Fearless Speaking

It's said that everyone has a set of fears about public speaking (aka *stage fright*). In this article I want to share four techniques to help you reduce your fears and perform at your best. [\[read more\]](#)



7 Ways to Reduce Anxiety in 7 Minutes or Less

April 2016 saw the publication of my first e-book - "7 Ways To Reduce Anxiety in 7 Minutes Or Less" which is available for download from [Amazon](#).

My goals for this book are to provide people with:

- an understanding of what anxiety is and how we create it; and
- seven simple, effective techniques people can use immediately to start controlling and reducing their day to day anxiety.

The seven, simple, effective techniques in the book are taken from my Fear-Less Coaching Toolbox which I use on a daily basis, when helping clients to perform at their best under pressure and to live calmer, more relaxed, happier lives.

Why invest in life coaching?

- It focuses on positive action.
- Working in partnership with your coach, you accomplish much more than you could achieve alone.
- Coaching stimulates, motivates and empowers you.
- It helps you break through your limiting beliefs and self-doubt.
- Coaching unlocks the potential you already have within you.
- The coaching structure creates support, motivation and accountability.

If you would like to explore some of the ways in which you can benefit from working with me, call me now on 021 056 8389 or email me at tony@tycoaching.nz

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