

Conversations with Dr. B. topics:

Dear Stress, Let's Break Up: 3 Easy Skills To Help You Stop Feeling Stressed, Overwhelmed, Or Guilty

Feeling stressed? Overwhelmed? It doesn't have to be this way.

The good news is that you can learn simple, practical skills to help you regain control, stop feeling overwhelmed and recover the peace you thought you'd lost. After all, what is the cost of living a life full of overwhelm and stress? Don't just survive. *THRIVE!*

You will:

- Gain a better understanding of why you may feel overwhelmed
- Empower yourself with evidence-based, yet practical information
- Learn 3 skills to help you regain peace and joy
- Experience more belief and confidence in yourself
- Become inspired to take action

Giving Care To The Caregiver: 5 Must Do Activities To Re-energize Yourself

Being a caregiver can negatively affect your emotions, your body, and your spirit. Let's learn some ways to re-energize yourself so this doesn't happen to you. By doing these five simple yet very effective activities, you'll not only feel better, you might also become a better caregiver.

You will:

- Gain a better understanding of caregiver stress
- Empower yourself with evidence based, yet practical information
- Learn 5 strategies to re-energize yourself
- Experience more belief and confidence in yourself
- Become inspired to take action

book Dr. B. today!

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what people say:

"Very interesting and thought provoking. Dr. Brinkley, you are quite insightful and engaging. Thanks!" *A. A., Austin*

"All techniques given and the breathing really helped me decrease my stress level. Yeah!" *S. C., Austin*

"Dr. Brinkley's presentation ... was excellent. The tips and strategies she introduces are simple yet effective. She is very knowledgeable, down to earth, and friendly. Very glad I found The Brinkley Center". *M. A., Austin*

"Breaking down stressors into fundamental concepts really allows the attendee to apply the concept to their own experience. The introspective journey is invaluable as it resonates beyond the presentation." *B. J., Austin*

"I feel relaxed and better prepared to take on my stress level. I hope to try out a longer workshop in the future." *C. R., Austin*

"Dr. Brinkley truly blessed me with her knowledge. She gave an excellent presentation with activities. I felt comfortable and relaxed in her presence. She's very well-spoken, educated, knowledgeable and professional. I would like to have her back again and I'd be the first to attend." *B. H., Austin*

This program made me think a lot about my daily habits and things I can do to be more mindful. I thought the presentation was helpful and beneficial." *J. M., Austin*





Conversations with Dr. B.

Less Stress. More Peace. For Women.

People often ask me what's the best thing to do for stress relief. There are many things you can do that are easy and free.

The key is to find activities & strategies that work for you.

And really, stress relief isn't about doing-you do enough already. It's about be-ing.

Being full of joy, passion, spontaneity, inner strength, and direction.

E dna Brinkley, PhD, (*Dr. B.*) helps you stop feeling overwhelmed so you can regain control of your life. She shows professional women, like you, how to transform your life by using the power of your mind to achieve peace and joy.

Her passionate, approachable speaking style motivates audience member to reflect on whether their thoughts, attitudes, or actions are helping or hurting the success and goals they want to achieve.

If they are, Dr. B. always shares skills and practical information to empower all audience members to begin to create the kind of life they want.

Dr. B's business, The Brinkley Center (*TBC*), is a destination lifestyle for professional and

executive women. *TBC* provides personalized information and evidence-based skills and strategies to help clients regain control and direction of their lives.

Specializing in mindbody wellness, *TBC* services include: individual and group therapy; Rapid Relief Sessions; and customized workshops and classes for businesses, all on stress reduction and wellness.

Dr. B. also offers:

"Conversations with Dr. B.", a 60-minute presentation on stress reduction to select women's groups.

Dr. B. is a licensed psychologist. She has received additional training in mindbody wellness from Harvard Medical School CME.

partial *"Conversations with Dr. B."* client list

- Link Co-Working
- Austin Lawyers Wellness Grp.
- NAPO
- Greater Austin Hispanic CC
- Texas Women in Business
- CTAAFSC
- Executive Women in TX Govt
- Sante Center for Healing
- BiG Austin
- A+ Federal Credit Union
- BCL of Texas
- Professional Women of Williamson County
- Breast Cancer Resource Center
- Women's Health, Motivation & Empowerment Conference
- 4A Behavioral Health Network
- Black Women Get Rooted