



**Harriet Tubman Wright, MS, MA**

## **Transforming Stress & Struggle to Freedom & Fulfillment to Enrich Your Life**

Money and work are the two top stressors for over 75% of Americans. Instead of allowing stress to dominate or debilitate you, implementing effective stress release and self-care practices consistently will optimize your productivity and profitability.

### **Releasing Stress, Creating Serenity: Tools for Healthier Living at Home and Work**

- Implement stress release & self-care practices for relief at work and relaxation at home
- Create balance & harmony in your home and workplace environment
- Experience more energy, ease and joy in your life.

### **3 Strategies to Manage Stress, Maintain Harmony & Maximize Staff/Customer Satisfaction**

- Identify stress signs & symptoms
- Implement strategies to manage and minimize stress at work
- Learn practical tips to increase workplace harmony & productivity
- Create a shared vision of well-being in the workplace

### **To Schedule a Talk or Presentation:**

**Call: 510.639.0705**

[Harriet@TheWrightResort.com](mailto:Harriet@TheWrightResort.com)



These empowering, interactive signature talks and presentations are adaptable to 30-minute; 2 hour; half-day; full-day and two-session formats.

They are appropriate for keynote presentations, workshops and trainings for:

- Business and Professional Groups
- Corporate Wellness Programs
- Public Agencies

**Harriet Tubman Wright, MS, MA**, is an accomplished speaker, business coach, and workshop facilitator. She brings creative energy, vision, and fun to her work with clients. You can expect outstanding service, excellent results and complete satisfaction...and a workplace transformed by energized, committed and motivated colleagues. Succinctly put, she is a seasoned professional who works magic!

To learn more: [www.TheWrightResort.com](http://www.TheWrightResort.com)

*“Excellent – I really enjoyed your presentation; it was informative, witty, thoroughly engaging.” ~ KSuzanne Massey*

**Harriet Tubman Wright, MS, MA, Evolutionary Entrepreneur & Founding Director, The Wright Resort**  
[www.TheWrightResort.com](http://www.TheWrightResort.com) • 510.639.0705 • [harriet@thewrightresort.com](mailto:harriet@thewrightresort.com)