

Webinar Quiz

June 2020

Helping Clients Manage Stress During The Pandemic

<https://attendee.gotowebinar.com/recording/2237718775946439183>

Stress during a crisis is unavoidable, but we are in a unique position to not only assist clients in physical training, but also in better understanding and managing stress. We will cover simple, but potentially life-changing, techniques for you to share with ease that can be used not only in a training session, but also with juggling work, family, and health demands. We can help our clients emerge from the pandemic healthier, stronger, and more resilient!

Presenter:

Ashley Davidock is a natural health and fitness consultant who specializes in wellness education and mind-body exercise. Her areas of expertise are qigong and meditation. Ashley has been working in the health and fitness industry for over a decade.

CEC Quiz: <https://www.surveymonkey.com/r/X7LD3XW>