

Stress Management Secrets for Business Leaders Workshop Announced by Twanna Carter Professional & Personal Coaching, LLC

Empowering business leaders with actionable strategies, this workshop will offer stress management insights for peak performance.

BOWIE, MD, UNITED STATES, December 9, 2024 /EINPresswire.com/ -- Empowering Business Owners to Tackle Stress and Thrive

Twanna Carter Professional & Personal Coaching, LLC is set to present the "Stress Management Secrets for Business Leaders" workshop on

Wednesday, December 11th, at 11:45 AM EST. Designed to cater to the unique challenges faced by business owners, this virtual event will be held via Zoom as part of the [Upper Marlboro/Bowie Business Owners Meetup](#).



Dr. Twanna Carter, Executive Coach | Photo by Renee Wilhite

“

I am a wellspring of self-love, nurturing and caring for myself with compassion and understanding.”

Dr. Twanna Carter, from Melaninated Magic affirmations journal

The workshop will focus on equipping attendees with proven strategies to effectively manage stress, boost productivity, and sustain peak performance in demanding environments.

Dr. Twanna Carter to Lead the Discussion

The event will be headlined by Dr. Twanna Carter, a renowned executive coach and ICF-certified professional coach. With years of expertise in leadership development and personal growth, Dr. Carter will provide attendees with

practical tools and strategies to address the multifaceted pressures business owners often face.

"Stress management is not just about reducing strain—it's about fostering a resilient mindset that drives success while maintaining well-being," Dr. Carter said.

Interactive and Engaging Format

Attendees can expect an interactive session featuring:

Expert insights into stress management tailored for leaders.

Strategies for maintaining productivity and performance under pressure.

A focus on self-care and mindfulness to sustain long-term success.

The virtual setting ensures accessibility for business owners across various regions, making it easier to learn and engage from the convenience of their own spaces.

A Thoughtful Approach to Business Leadership

This workshop reflects Twanna Carter Professional & Personal Coaching, LLC's commitment to supporting leaders in their journey toward professional excellence and personal well-being. Dr. Carter emphasizes the importance of self-care as a foundation for sustainable success:

How to Join

Business owners interested in attending can register at by clicking [here](#).

For additional information or inquiries, contact:

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About Twanna Carter Professional & Personal Coaching, LLC

Twanna Carter Professional & Personal Coaching, LLC specializes in empowering professionals and leaders to achieve success while maintaining balance and well-being. Through personalized coaching and transformative workshops, the company equips clients with tools to overcome stress, improve productivity, and thrive in their personal and professional lives.

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