



Anna Woodford is an established Professional Mental Health and Substance Abuse Coach, Professional Speaker, and Leadership Development Coach. She has her Masters in Counseling and is completing her Master Level Education in Organizational Leadership. She has completed IMHATT (Integrated Mental Health/Addictions Treatment Certification) and SP-TIE (Suicide Prevention, Treatment, Implementation and Evaluation Certification). She has over 20 years of experience working in inpatient and outpatient clinical and hospital-based settings, and corporate wellness.

#### **The Secrets to Overcoming Stress:**

Let's Face it... a life without stress is not realistic. As much as we want to wish our lives away from stress, it will only cause us to build more stress. In this presentation, we will understand stress and the impacts that it has on our bodies, minds, and spirits. We will learn how our bodies respond to stress and how we can use our body's innate intelligence when it comes to overcoming stress. We will leave the connection with ways that we can apply these skills to our everyday lives!

#### **Impossible to Possible Ways to Develop Relationships Out of this World:**

Relationships can not prosper without proper and healthy communication. Let's dive into the science in understanding the person you are and the one you are trying to connect with to discover why it is always such a challenge. In this presentation, you will develop applicable ways to defeat the notions of impossibility and develop meaningful, intentional relationships while enhancing how you communicate!

She is proud of her work at Falcon Plastics as their Wellbeing Manager and Training and Development Manager. She is also the owner of Four Winds Prof. LLC. She enjoys empowering people to interpret their lives as they are today to help them pursue the best versions of themselves!