

Anna Zetterberg is our coach when it comes to performance- and motivation. "Stress – Your best friend" is one of her most popular seminars.

Stress – Your best friend!

Do you want to unlock your potential and boost your performance-level?

Do you want to be more in control and feel better both during and after a day's work?



A normal day at work You face the challenge of being strategic and on top of things, while simultaneously dealing with executive problems, participating in different meetings and coaching your team-members in their work. All of this in the middle of an accelerating flood of information that you also need to deal with.

Anna Zetterberg works as a consultant helping organizations and teams to optimize their performance. She will help you understand more about your most important tool at work - Your mind. She will give you tools to work with your brain instead of against it. And by learning more about your own stress, you can get in control over it and making it help you, instead of letting it mess your life up.

Work smarter, feel better!

Price on Your request.