

Beyond Words Communications

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FOR IMMEDIATE RELEASE

Wellness Can Be a Way of Life

New Jersey, November 10, 2011 – Vacations are no longer enough to refresh the tired, burned out individual. Having to perform at peak proficiency day after day in a world of multitasking, information overloaded, long work hours, the daily routine becomes the daily grind. Both the problem and the solution lie in how ones total life is lived.

Ed Lester has developed seminars that can help individuals regain the joy of living a full life. Based upon the principles and techniques in his highly successful Health Wise seminars, Ed will coach one on one so that any individual can discover how wellness can become a way of life. He shows you how to focus on preventative maintenance for the mind and body and presents easy to follow techniques for stress reduction and coping skills along with practical guidelines for self-care. If being assertive, having communication problems, or speaking fears are part of the root cause of the problem, his coaching will help resolve these.

Peter Lindsey says that Ed's coaching "Inspired me to stop procrastinating. He helped me uncover the problems that were causing me to feel bad about myself and take positive steps to overcome them."

Sessions are tailored to individual needs. They can be customized to fit into the workweek, done in evenings, or on weekends. Ed believes that face-to-face sessions are ideal but also offers telecoaching and e-mail based coaching.

For over 10 years Ed Lester lead seminars that made a difference to employees of AT&T nationwide. In 2008, Ed decided to take early retirement and bring his proven techniques to the business world and to individuals. He has an MBA in Business Administration and is a certified coach. His articles on wellness have appeared on websites, company newsletters, and in Prevention Magazine. For more information you can contact him at 908-245-6652.

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