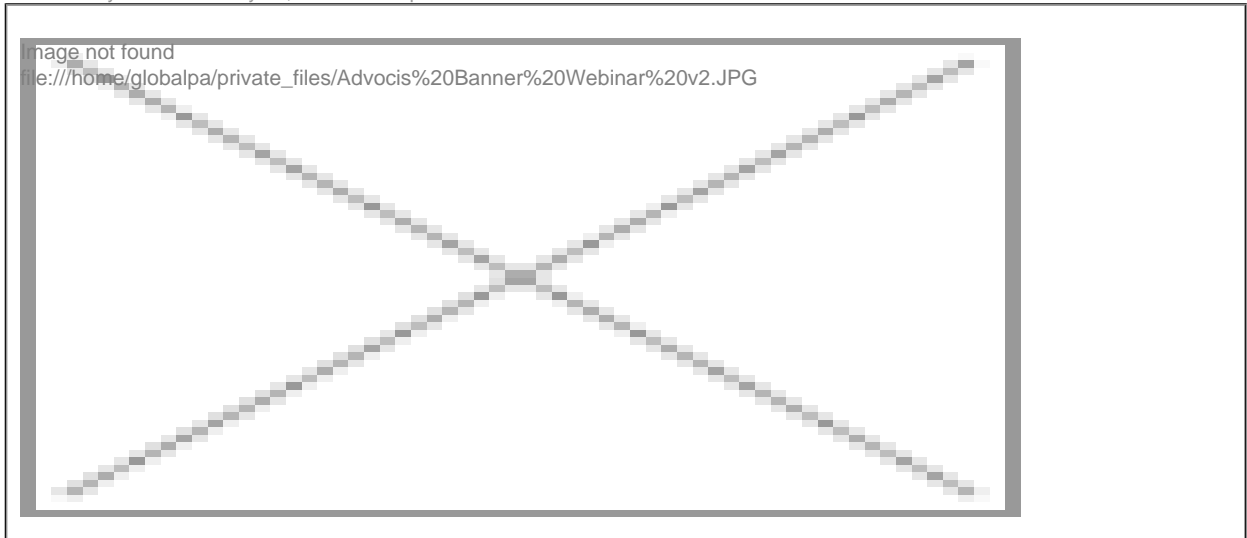




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Reminder Advocis Greater Vancouver Presents: Managing Stress: A Guide for Professionals

Submitted by Victoria on July 15, 2020 - 12:49pm



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Nicole Porter is a Stress Coach and Wellness Educator. She is also a Registered Holistic Nutritionist, Healthy Weight Loss Coach, Personal Trainer, and Pilates Coach, with training in mindfulness-based stress reduction and behavior change. Through Workplace Wellness Programs, Private & Group Coaching, and online courses like The 8 Weeks to Awesome Wellness Challenge, Nicole helps busy, stressed-out professionals mindfully conquer the Top 10 unhealthy habits that chronically stress out their bodies and prevent optimal health, mindset and productivity. Having overcome her own health challenges with natural therapies, Nicole combines personal experience with formal education to provide a passionate, unique, realistic, empowering, and holistic approach to wellness. This past year, Nicole was voted Best Work/Life Specialist in BC and Best Nutritionist in Vancouver.