

floria

WELLNESS LIFE COACH

Floria Aghdamimehr, BScHE

Wellness Life Coach

Nutrition Consultant

www.RecognizeYourPotential.com

t: (902)477-9100 c: (902)483-8400

“Stress management”

Recognize
your
potential
and
surpass
your dreams.



A vibrant green leaf with detailed vein structure is shown floating on a calm, blue body of water. The leaf is positioned in the lower-left quadrant of the frame. The water's surface is smooth, reflecting the leaf and the sky above. The background is a clear, light blue sky that transitions from a deeper blue at the top to a lighter, almost white glow near the horizon. The overall composition is clean and serene, evoking a sense of peace and natural balance.

Managing Your Stress

floria

WELLNESS LIFE COACH

Floria Aghdamimehr, BScHE

Wellness Life Coach

Nutrition Consultant

www.RecognizeYourPotential.com

t: (902)477-9100 c: (902)483-8400

Why???

Recognize
your
potential
and
surpass
your dreams.



floria

WELLNESS LIFE COACH

Floria Aghdamimehr, BScHE
Wellness Life Coach
Nutrition Consultant

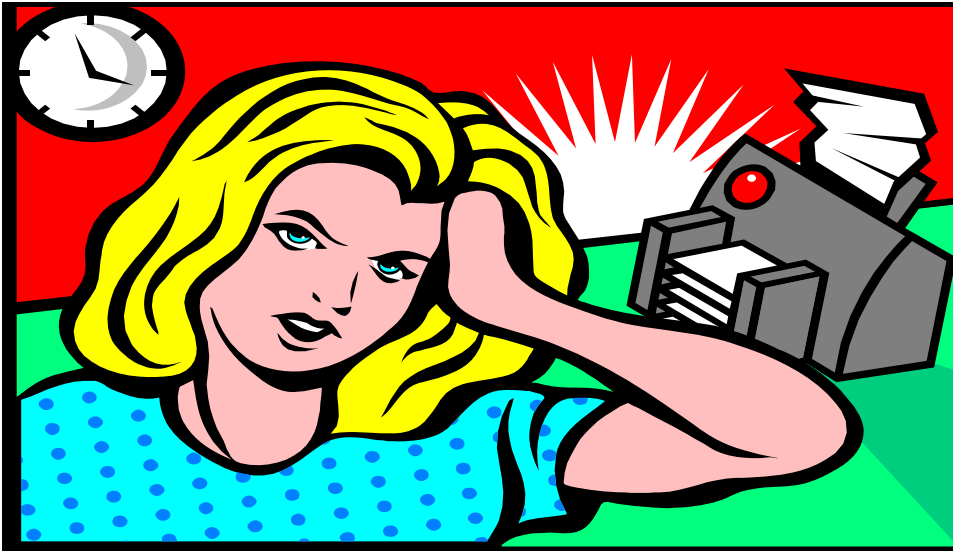
www.RecognizeYourPotential.com

t: (902)477-9100 c: (902)483-8400

To live a healthy life and enjoy more of
what life has to offer.

Recognize
your
potential
and
surpass
your dreams.





floria

WELLNESS LIFE COACH

Floria Aghdamimehr, BScHE

Wellness Life Coach

Nutrition Consultant

www.RecognizeYourPotential.com

t: (902)477-9100 c: (902)483-8400

World Health Organization (WHO) estimates that at least 80% of all illnesses are directly or indirectly caused by stress.

Managing your stress, rather than your stress managing you!!

Recognize
your
potential
and
surpass
your dreams.



floria

WELLNESS LIFE COACH

Floria Aghdamimehr, BScHE

Wellness Life Coach

Nutrition Consultant

www.RecognizeYourPotential.com

t: (902)477-9100 c: (902)483-8400

What does this mean?

- ✿ H. blood pressure, Hypertension
- ✿ High Cholesterol
- ✿ Gastrointestinal
- ✿ Most types of Cancers
- ✿ Depression, anxiety medications

Recognize
your
potential
and
surpass
your dreams.



floria

WELLNESS LIFE COACH

Floria Aghdamimehr, BScHE
Wellness Life Coach
Nutrition Consultant

www.RecognizeYourPotential.com

t: (902)477-9100 c: (902)483-8400

- 🌸 Obesity
- 🌸 Type II Diabetes
- 🌸 Autoimmune disorders (Asthma, Fibromyalgia, Arthritis)
- 🌸 Insomnia

Recognize
your
potential
and
surpass
your dreams.



floria

WELLNESS LIFE COACH

Floria Aghdamimehr, BScHE

Wellness Life Coach

Nutrition Consultant

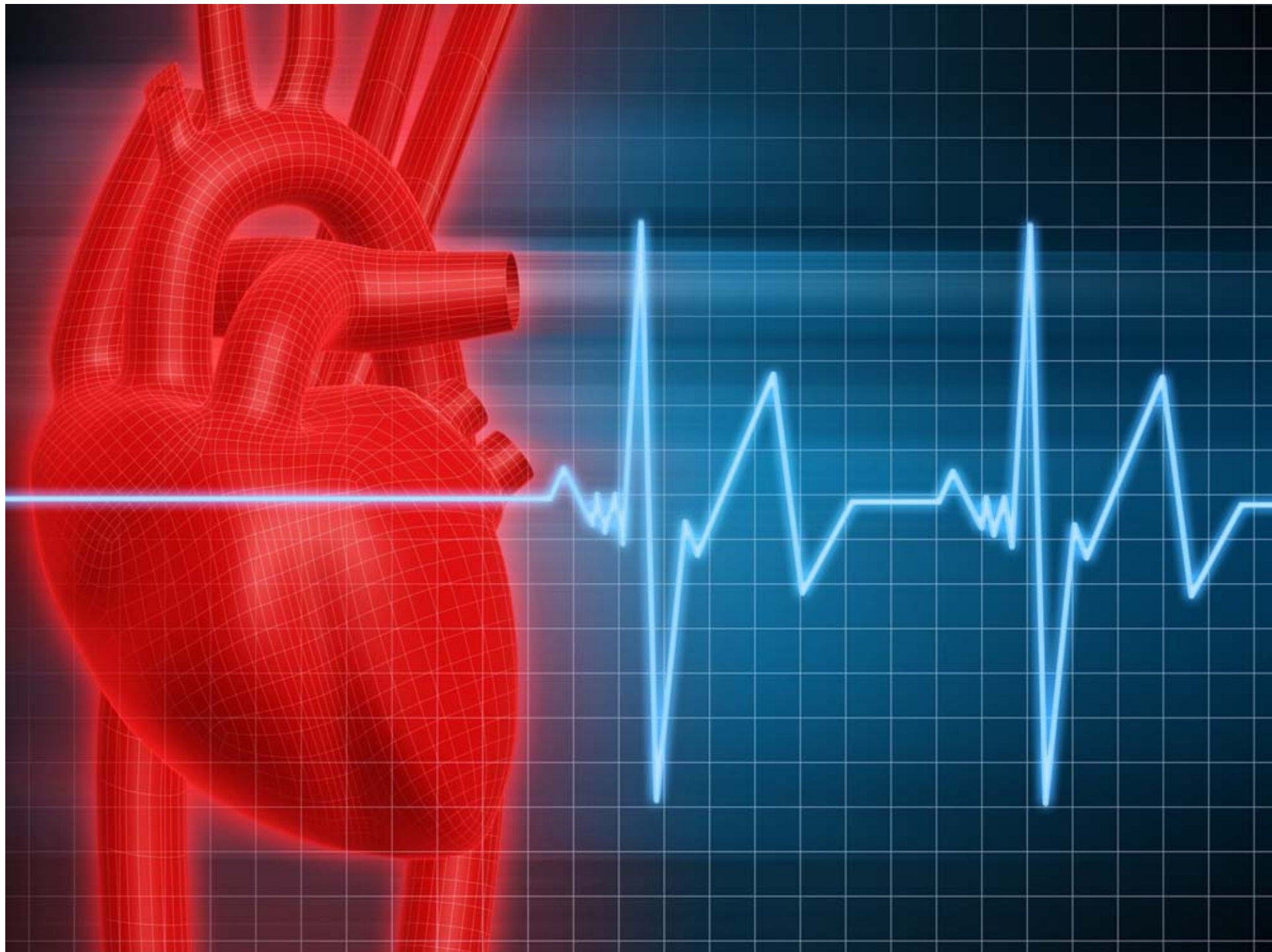
www.RecognizeYourPotential.com

t: (902)477-9100 c: (902)483-8400

Stress is part of our life and it only changes
its face at different stages of life.

Recognize
your
potential
and
surpass
your dreams.





floria

WELLNESS LIFE COACH

Floria Aghdamimehr, BScHE

Wellness Life Coach

Nutrition Consultant

www.RecognizeYourPotential.com

t: (902)477-9100 c: (902)483-8400

Coping and handling stress, is crucial in
our professional and personal life.

Recognize
your
potential
and
surpass
your dreams.



floria

WELLNESS LIFE COACH

Floria Aghdamimehr, BScHE

Wellness Life Coach

Nutrition Consultant

www.RecognizeYourPotential.com

t: (902)477-9100 c: (902)483-8400

Recognizing your stress is the 1st step

Recognize
your
potential
and
surpass
your dreams.



floria

WELLNESS LIFE COACH

Floria Aghdamimehr, BScHE

Wellness Life Coach

Nutrition Consultant

www.RecognizeYourPotential.com

t: (902)477-9100 c: (902)483-8400

Managing your stress:

→ Short Term

→ Long Term

Recognize
your
potential
and
surpass
your dreams.





2 kg 1 99

AVOKADO
KIS
1 kg 20

CHAMPAGNE
KIS
1 kg 1

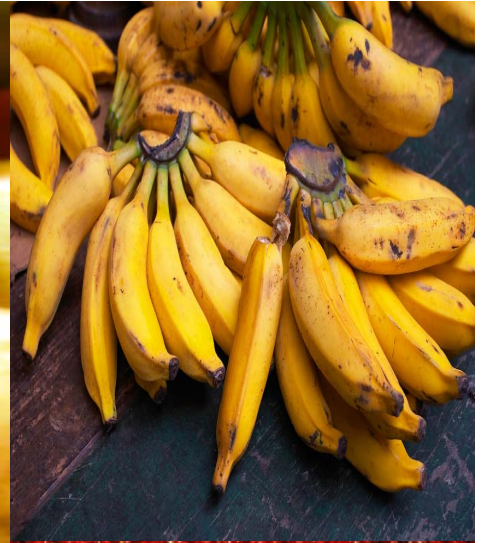
MINI
KIS
1 kg 70

KIS SIKET
KIS
1 kg 160

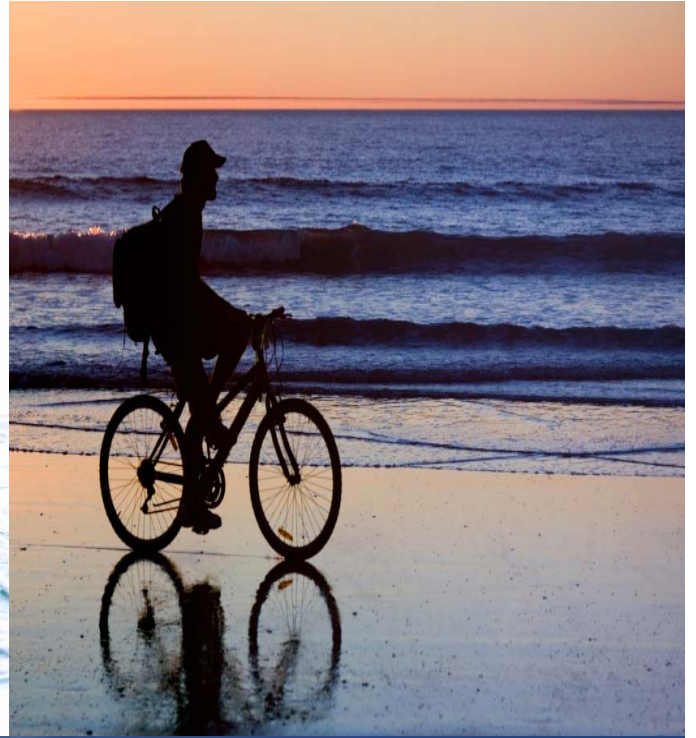
KIS KIS
KIS 120

KIS KIS
KIS 07

KADITA
009







floria

WELLNESS LIFE COACH

Floria Aghdamimehr, BScHE

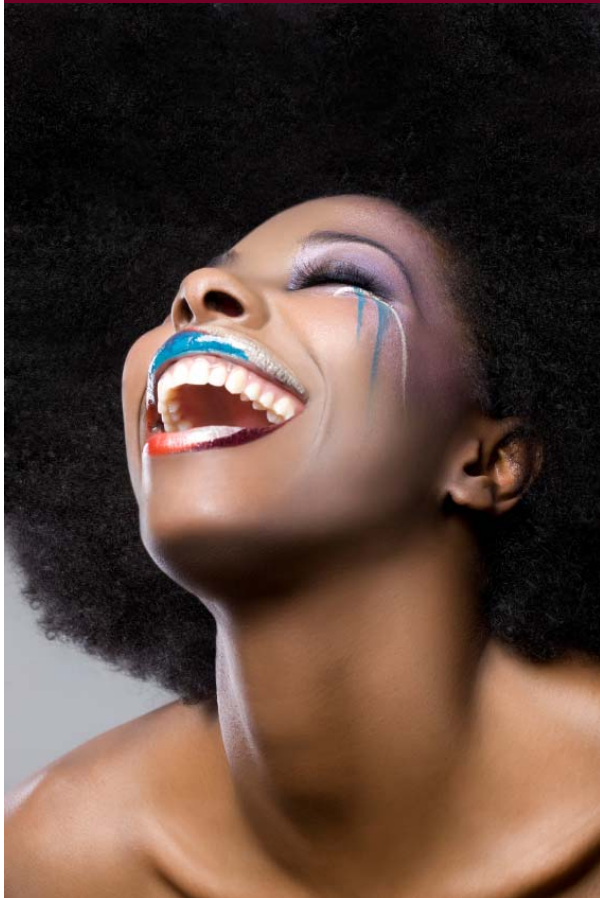
Wellness Life Coach

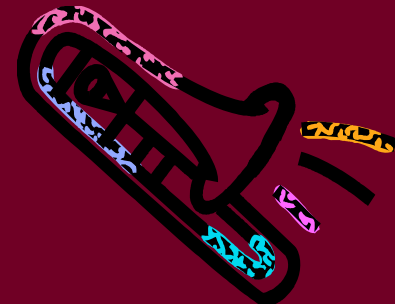
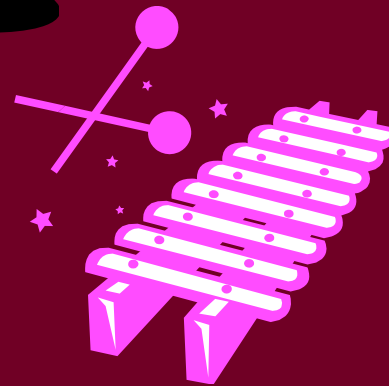
Nutrition Consultant

www.RecognizeYourPotential.com

t: (902)477-9100 c: (902)483-8400







floria

WELLNESS LIFE COACH

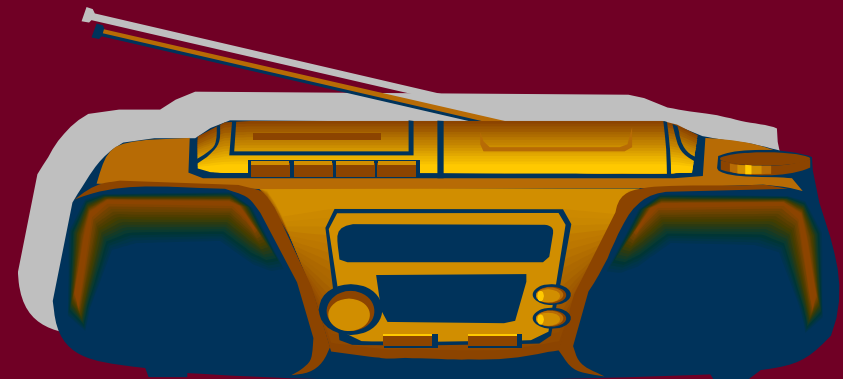
Floria Aghdamimehr, BScHE

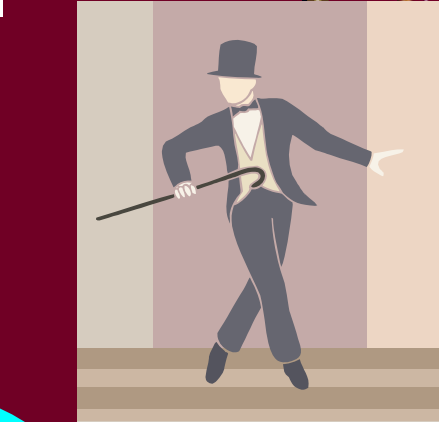
Wellness Life Coach

Nutrition Consultant

www.RecognizeYourPotential.com

t: (902)477-9100 c: (902)483-8400





floria

WELLNESS LIFE COACH

Floria Aghdamimehr, BScHE

Wellness Life Coach

Nutrition Consultant

www.RecognizeYourPotential.com

t: (902)477-9100 c: (902)483-8400

Can you change everything to be
perfect?!

Recognize
your
potential
and
surpass
your dreams.



floria

WELLNESS LIFE COACH

Floria Aghdamimehr, BScHE

Wellness Life Coach

Nutrition Consultant

www.RecognizeYourPotential.com

t: (902)477-9100 c: (902)483-8400

Worry only about things that you can
change!!

Recognize
your
potential
and
surpass
your dreams.



floria

WELLNESS LIFE COACH

Floria Aghdamimehr, BScHE
Wellness Life Coach
Nutrition Consultant

www.RecognizeYourPotential.com

t: (902)477-9100 c: (902)483-8400

The only limitation in life is our fears and
the lack of imagination and dreams.

Recognize
your
potential
and
surpass
your dreams.



floria

WELLNESS LIFE COACH

Floria Aghdamimehr, BScHE

Wellness Life Coach

Nutrition Consultant

www.RecognizeYourPotential.com

t: (902)477-9100 c: (902)483-8400

Recognizing our potential through living enthusiastically, passionately, and joyously with an attitude of growth and learning helps us achieve and surpass our dreams.

Recognize
your
potential
and
surpass
your dreams.

