

# Leveraging the Key Pathways of Stress to Live Your Best Life

Thousands worldwide are benefiting from this new paradigm shift in health and wellness that I refer to as the stress paradox. Offering a counterintuitive approach that is relieving stress while creating happier, healthier, more empowered people of all ages and backgrounds. From the corporate to the family; from the athlete to the first responder; from the individual to community, these tools are the pathway to success for us all.

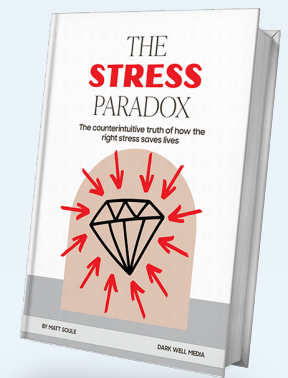
## Matt Soule

Author. Speaker. Professional Instructor. Stress expert with 15 years experience 10,000+ members of the public guided 500+ instructors from 40+ countries educated.



## Wellness Travel Topics

- The new face of wellness travel
- The essentials of choosing a nature focused destination
- Why self-care doesn't always look like a spa
- The importance of a choosing a bucket list level adventure to feel ultimate satisfaction with your time off
- The 3 rules for selecting the best wellness retreat: life changing experiences, create lasting memories, take home perennial skills.
- Learn about the stress paradox, a counterintuitive approach that you let you ditch the bad stress in your life... for good!
- How to turn daily stress into daily strength.



"Matt brings a wealth of experience, scientific expertise, and most importantly a welcoming and positive atmosphere [in his trainings]. I'd recommend Matt to anyone interested in maximizing their health and wellness." - Connor Bui, M.S. Sports Physiology, Scientific Researcher

## Media and Corporate Experience

7+ years of Podcasts Interviews, 10+ of working with corporations large and small.



## Availability

Worldwide by arrangement