

# Veterans Coaching Alliance

## Anxiety and Stress

Information from The Tad James Co <https://www.nlpcoaching.com/anxiety-stress/>

---

Anxiety and Stress

**Are you scared of declaring your true intention and if you do it, it is always with copouts...**

**NLP for Anxiety & Stress**

**The NLP approach recognizes that anxiety and stress is different among generations.**

**NLP techniques help with controlling negative emotions, self-communication, and successfully using reason to reduce fear.**

Veterans Coaching Alliance



---

Fayetteville, NC 28306

