

# JANE C. SCHUETTE

*Manage Your Stress and Remove Roadblocks to Success*

## Stress is a silent killer

110 million people die every year as a direct result of stress, according to the CDC. That is seven people every two seconds! And this doesn't factor in pandemic stress! Fears and concerns of shelter-in-place orders, what-if anxieties, distance learning while working from home, reduction in pay or complete loss of income all pile up or sneak up and knock you down.

## Jane's Tools are Simple and Doable

Programs are customized to meet your needs for fast, lasting results in any situation, including high-stress times like we are experiencing now. She holds a Master of Arts degree in Education, is a certified coach through Learning Journeys International and holds qualifications in several assessment tools that dig deep. The tools are used to uncover and polish your brilliance, which can shine even brighter in these difficult times. The ultimate goal is to move past roadblocks, manage stress, increase your self-care, and foster healthy relationships at work and home for brilliant results.



## Build Your Brilliance Today



Resources are available to help you grow through this pandemic. The *Building Your Brilliance: Move from Stressful Survival to Joyful Living* book and companion *5-Minute Journal* are designed to help you manage stress and experience joy in life. Overcome pandemic stress by using the books independently on your road to brilliance or as an added resource in your brilliance coaching journey with Jane.



**Brilliance is waiting for YOU!**  
Contact Jane today: 952-994-6192  
[jane@janeschuette.com](mailto:jane@janeschuette.com)