



Rachel Maunder

IAWA International Virtual Networking

Monday 27 July at 3pm to 4.30pm BST

“A great opportunity to stay connected and support women in the aviation and aerospace industries.”

Join us for another IAWA virtual networking session helping to bring together and connect our members and supporters across the world!

The meeting will be hosted by [Rachel Maunder](#), a qualified counsellor and coach with years of experience in mindset and resilience and we will be joined by our special guest speaker [Alice Law](#), an international speaker and stress management coach who will give a talk and workshop on:

‘Why stress is the silent killer of our happiness and beyond – and how to prevent it from taking over’

with networking opportunities to follow thereafter.

To book your place:

click IAWA.org or email by clicking info@iawa.org

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Alice is a stress management and holistic performance coach, 5-star-rated podcaster, international speaker, reiki and intuitive expert, international best-selling author of ‘The Law of Brand Attraction’ and founder of Lawali Life.

As ‘The Calm Creator’, she teaches leaders and corporations how to strip away stress and guide them back to balance, so they can be the calm, charismatic and successful leader in all areas of their life and work.

Alice understands stress from a unique position after she went through chronic stress for a 7-year period, personally experiencing the truly damaging effects of it when she experienced loss in every aspect of her life at once.

From this experience she discovered her most effective process to not just manage stress but to prevent it going forward.

Having lost her own father to stress related illness, it is now her mission to help as many people as possible to dis-identify from stress and live in their natural state of calm.