

A close-up photograph of a vibrant green leaf, likely from a grass or similar plant, covered in numerous clear water droplets. The droplets are of various sizes and are scattered across the surface of the leaf, which shows clear vein patterns. The background is a soft, out-of-focus green, suggesting a natural outdoor setting.

in equilibrium

Call us free: 0800 622 6932

In-house training course details

How to Increase Your Energy Levels

How to Increase Your Energy Levels

A 1-day in-house training course

This course is presented by Dr David Mason Brown.

Purpose

To introduce participants to a variety of ideas and principles that can be used to increase energy and combat fatigue. To present this information in a way that will enable participants to decide what will work best for them as individuals.

Participants Learn:

- How to increase energy through simple changes
- How better quality of sleep will improve body and mind recovery time and lead to enhanced energy levels
- How to understand and utilise the body's natural rhythms
- How to identify and overcome bad energy-sapping habits that wear people out
- How toxic relationships and situations can reduce energy
- How the right kind of exercise can boost energy levels
- How the ability to fully relax and manage personal stress can also increase energy levels

Dr David Mason Brown

David is a medical doctor who has been running corporate workshops for over 20 years. His entertaining and passionate style motivates and enthuses those who attend into taking positive action to improve their health and well-being.

Practical, informative and life-changing are terms commonly used by delegates to describe David's training.

Key Benefits of Increased Energy

- Generally feel good – invigorated, able to seize the day
- Greater optimism and sense of fulfilment
- Improved sleep quality – wake up feeling refreshed
- Ability to take on new challenges and see opportunities
- Clearer thinking, improved ability to problem solve
- Improved work-life balance, ability to do things after work
- More able to handle pressure of work and family life
- Higher self-esteem

CONTENT SUMMARY

The following areas are covered throughout the day:

Workshop introduction

- What energises you?
- What drains your energy?
- Understanding the difference between Positive and Negative Energy

Breathing for Energy

- The importance of oxygen for your body
- How blood flow affects your energy
- Probiotics - which are the best and how they can increase energy

Exercise - What works best for you?

- The key is to enjoy the exercise that you take
- The link between exercise and mental energy
- Endorphins - the natural feel good factor!

Pacing yourself to ensure adequate recovery time

- What we can learn from Olympic Athletes!
- Understanding our body's natural (circadian) rhythms
- Do you have adequate 'chill-out' time?

How toxic relationships can sap your energy

- How to deal with toxic relationships
- How different situations affect your energy
- How to de-clutter your mind and live in the present moment

The importance of good quality sleep

- Are you suffering from sleep deprivation?
- How to ensure good quality sleep
- The 'Learning to sleep well kit'

The importance of nutrition for maintaining energy

- Water versus other drinks
- Ration your unhealthy energy sapping luxuries
- What are the best foods for energy generation?

How relaxation can boost your energy levels

- The Relaxation Response
- How managing your stress will give you more energy
- Understanding your brain wave frequencies

Energy CD Contents

Track 1 General Introduction to Contents

Track 2 Energising Exercise

This should be listened to whenever you feel you need a boost. It will increase your motivation, enthusiasm and energy helping you rise to the challenges of the day ahead.

Track 3 Pacing and Listening to Ourselves

The difference between the workaholic and the high achiever is that the high achiever paces themselves, taking breaks when necessary and listening to one's body.

Track 4 Time Management

Time Management is doing the right thing in the right way at the right time.

Track 5 Procrastination Exercise

This will help to kick-start you into action by focusing on the raised self-esteem and feelings of satisfaction you know will result from working towards a worthwhile goal.

Track 6 Use the Material & Practice

Each of us is unique and what works for one is not the solution for someone else. It needs practice, practice, and more practice.

Track 7 Sleep Exercise

Dr Mason Brown uses a combination of visualisation, metaphors and suggestion to help you drift into a natural good quality sleep which will allow you to awaken feeling fully rested and energised.

Testimonial

"Dr David Mason Brown was a joy to listen to. He was extremely knowledgeable and made the day enjoyable. I gained a lot of information, especially the relaxation techniques which are being tried and tested at home! The course really exceeded my expectations!"

Berni Webster, Bradstow School, Kent

Course Details

Duration: 1 day

Optimum delegate numbers: 12

For more information contact:

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