

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

Lifestyle Management

Purpose

To raise participants awareness of the risk of stress in themselves. To equip participants with the knowledge and skills that will reduce their stress and boost their health and well-being.

This interactive workshop has been designed to be an enjoyable learning experience for each delegate.

Participants Learn

- How to recognise the warning signs of stress in themselves
- How to maintain and increase good health and well-being
- Effective and proven switching-off skills they can use to relax, recover and get a good nights sleep
- An understanding of how different ways of thinking can change their perspective on life and work
- The importance of achieving a good work-life balance
- How to reduce the risk of stress-related-illness

Previous Participants have reported:

- Understanding how their lifestyle affects their health and their vulnerability to stress
- Gaining motivation & enthusiasm to take greater control of their lives
- Greater understanding of how stress can affect their health and well-being
- An increased awareness of what causes their stress
- Enhanced ability to relax and switch off as soon as they get home
- Able to cope with a higher level of pressure
- Increased confidence and assertiveness in dealing with stress-related problems

Course Content

The following topics are covered throughout the day:

- What stress is and how it affects you?
- What is a 'buzz' for one person can be a 'stressor' for another
- Switching off after work
- Recognising health warning signs
- Relaxation and the Alpha State
- How individuals can change their lives by changing their attitude
- Assertiveness and confidence
- How nutrition can improve mood and well-being
- The importance of drinking water
- Staying calm and focused under pressure
- The importance of good quality sleep
- Controlling self-defeating thoughts and fears
- Relaxation Techniques CD contents and Reading List

Testimonial

"This was by some measure the best stress management event I have ever attended.

Dr Mason Brown was superb in terms of his extensive knowledge and engagement with the group.

I have gained a wealth of useful information and I will be recommending this course to colleagues"

**Ros White, Head of
Personnel Services
Forest of Dean Council.**

Relaxation Techniques CD Content

- Breathing: slowing & deepening the breathing to slow down brain waves
(like a car going from high revs to idling)
- Breathing & Relaxing the Muscles: muscles, especially neck, shoulders, back and limbs develop muscle tension as the day goes by
- Breathing for Energy (Paced Breathing): this exercise uses the diaphragm to circulate the lymph fluid to remove the waste products produced by cells
- Breathing & Walking: allows you to relax when walking to and from car, an appointment, a shop, etc. and also increases awareness of the Present Moment and slows down the perception of time
- The Inner Voice - accessing your beliefs and inner strength
- The Tropical Island - a 20 minute deep relaxation exercise to allow you to switch off after work
- The Forest with the Balloon: a relaxation and offloading technique

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.

Course Details

Duration: 1 day

Optimum number of participants: 12

Further details

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