

In-house training course details

Academic Lifestyle Management

*in* equilibrium

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## Academic Lifestyle Management

A 1-day in-house training course for the education sector

### 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
- Able to cope better during periods of increased pressure
- Gaining motivation and 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

### Relaxation Techniques CD

Each delegate attending the Academic Lifestyle Management training course receives a relaxation techniques CD.

The CD is especially useful in enabling people to switch off after work.

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### 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

*Duration:* 1 day

*Number of participants:* 6 - 12

*Price:* £975 + Vat Per Course



#### 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.