

In-house training course details

How to Increase Your Energy Levels

in equilibrium

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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.

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Course Content

- What energises you?
- Breathing for energy
- Exercise - What works best for you?
- Pacing yourself to ensure adequate recovery time
- How to stimulate creative thinking
- How toxic relationships can sap your energy
- The importance of good quality sleep
- The importance of nutrition for maintaining energy
- How relaxation can boost your energy levels

Course Materials

Each delegate will receive a comprehensive Energy Handbook that complements this course and an Energy and Well-being audio CD personally recorded by Dr Mason Brown. The CD has exercises to help improve the quality of sleep and increase energy.

Duration: 1 day

Number of participants: 6-12

Price: £975 + Vat per course



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
April 2007*