

In-house training course details

Lifestyle Management

in equilibrium

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Lifestyle Management

A 1-day in-house training course

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 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



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.