

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 distinct veins. The background is a soft, out-of-focus green, suggesting a natural outdoor setting. The overall image conveys a sense of freshness, nature, and balance.

*in* equilibrium

Call us free: 0800 622 6932

In-house training course details

Personal Well-being

This course is presented by Dr David Mason Brown.

The positive relationship between Personal Well-Being and performance is now unquestioned. Enthusiastic and committed individuals are more productive, creative and resilient, valuable qualities in today's challenging and competitive environment.

This is an empowering training course which combines Dr Mason Brown's knowledge as a medical doctor with his research into positive psychology. The result is a powerful blend of information on health and motivation which individuals at all levels of the organisation can use to enhance their personal well-being and performance.

Participants will learn how to identify factors conducive to personal well-being including optimism, meaningful activities, diet and social relationships. A key aspect of the course is the understanding of how positive and negative emotions affect us and how participants can use this knowledge to reduce the risk of stress for themselves and those they work with.

### Key Course Objectives

- How to maintain and increase good health and well-being
- Recognising the warning signs of declining health and well-being
- Acquiring proven switching-off skills to relax and recover after work
- How to ensure a good nights sleep
- Improve relationships generally and learn how to deal with toxic ones
- The importance of achieving a good work-life balance
- How to reduce the risk of stress-related illness

### Testimonial

*"The day has been described by staff as "the best workshop they have ever attended".*

*Dr Mason Brown really engaged with the group, sharing his extensive and absolutely fascinating knowledge.*

*The course content was extremely thought provoking and everybody left feeling positive and energised to take control of their personal well-being."*

Sarah Taylor, HR  
Ribby Hall Village.

## Course Content

An introduction to well-being

- Health and energy v lack of stamina and illness
- Recognising conditions that prevent well-being
- High achievers v workaholics

Attitudes, relationships and emotions

- Emotions: Increase positive and decrease negative
- The two family concept - at home and at work
- Maximising aptitudes for work, well-being and performance

Strategies to enhance well-being and performance

- Maximising the present moment and using the flow state
- Fire-fighting versus project management and achievement
- Exercise and fitness and what works for you
- Good quality sleep, individual needs and power napping

Preserving health and resilience

- Visualisation techniques for task and skill reinforcement
- Essential nutrition for energy, health and well-being
- Relaxation techniques for health and well-being
- Book list for well-being

### Switch off after work

Each delegate will receive a Relaxation Techniques audio CD personally recorded by Dr Mason Brown. The primary purpose of this CD is to enable people to completely switch off when they get home from work. It also introduces them to a variety of relaxation techniques using the breathing exercises covered during the Personal Well-Being course.

## 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 help 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 delegate numbers: 12

Further details

Please contact Alastair Taylor

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