

## OVERVIEW OF HEALTH PROMOTION WORKSHOPS

### Firing On All Cylinders (Half Day)

#### Course Benefits:

- Perform to your utmost ability with maximum energy levels
- Keep motivated and focussed for longer periods of time
- Still tap into your bank of renewable energy at the end of a busy day
- Protect yourself from exhaustion and sickness with a healthy and energised immune system
- Redirect energy away from the adrenalin rollercoaster and learn how to avoid stress and burnout
- Understand the important process of how to manufacture your own energy molecules
- Discover the optimum timetable for eating to ensure satiety and sustainable energy levels
- Learn which foods will give you energy and which foods will sap your energy
- Recognise the importance of using relaxation and breathing techniques to maximise your energy
- Wake feeling refreshed and energised

### Powering Your Positive Mental Energy (Half Day)

#### Course Benefits:

- Understand the impact of mental energy on your daily life
- Master the art of solution-finding, not problem-solving
- Be more creative and lateral in your thinking when faced with issues
- Think on your feet in meetings and presentations
- Stop the “storm of thought” in your head so that you can think more clearly
- Resolve problems on-the-spot that would have previously seemed insoluble
- Deal with stressful situations efficiently and effectively
- Face future challenges, such as major organisational change, with greater resourcefulness and resilience

### Eat Your Way To Health (Half Day)

#### Course Benefits:

- Renew your energy levels easily through eating
- Identify those foods that help to combat disease and premature ageing
- Enjoy delicious good mood foods
- Create a brilliant mind through smart food choices
- Bolster your resilience and immunity
- Minimise food cravings and achieve satiety
- Build an easy lifelong plan for health and vitality

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### Cancer Awareness – Increase Resilience and Improve Recovery (Half Day)

#### Course Benefits:

- Identify specific foods which may significantly lower certain types of cancer risk
- Recognise the enormous advantage of maintaining a healthy weight
- Design a healthy eating plan that supports general wellbeing, resilience and recovery to cancer
- Understand why any type of tobacco puts you on a collision course with cancer
- Build an enjoyable exercise regime that will build strength and stamina
- Appreciate the immeasurable benefit from early self examinations and professional screening
- Locate reliable and supportive resources to help improve resilience and recovery to cancer

### Weight Loss – The Magic Formula (Half Day)

#### Course Benefits:

- Lose up to 2 stone in 12 weeks eating delicious food and enjoying exercise
- Appreciate the dangers of quick fix or crash diets
- Increase your physical strength and stamina
- Develop an enjoyment of healthy eating rather than a life sentence of dieting
- Reduce the time you feel sluggish and ill with colds, flu and sickness
- Feel confident, energised and motivated to start losing weight instantly
- Create a permanent shift in your mindset so that you never have to diet again

### Stress Less (Half Day)

#### Course Benefits:

- Identify and measure your stress levels
- Recognise the triggers that propel you into a stressed state
- Develop your own personal toolkit that steers unhealthy stress into a healthy stress zone of focus, engagement and motivation
- Perform to your utmost ability unhindered by the negative influences of stress
- Practice a range of exercises to reduce stress in your life
- Select the foods and drinks that support a healthy physical and mental state
- Recognise the consequences of long term stress on your health
- Reduce your risk of suffering from a health related illness induced by stress