

FIRING ON ALL CYLINDERS

How to Maximise Your Physical Energy Supply

And what is a man without energy? Nothing – nothing at all (Mark Twain)

Dates: 22th May 2012 – London
23rd May 2012 – Birmingham
20th November 2012 – London
22th November 2012 – Birmingham

Duration: 1 day
Price: £395 + VAT each
*£350 + VAT for bookings of 3 people or more
(max 20 delegates)*

Do you often wake up feeling sluggish, tired and de-motivated?
Do you regularly have an energy slump in the afternoon?
Do you crash in front of the TV every night because you feel so exhausted?

If so, then this programme is for you!

Firing on All Cylinders is a highly interactive 1 day programme where you will learn how to build sustainable energy to promote enthusiasm, motivation and engagement on a day to day basis at work and at home.


Recognise the crucial lifestyle components that make up your production plant for maximum energy.

By the end of Firing On All Cylinders – How To Maximise your Physical Energy you will be able to:

- Perform to your utmost ability with maximum energy levels
- Keep motivated and focused 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 every morning!

If you want to feel energised and focused throughout the whole day... SIGN UP NOW!

Spaces at these sessions are limited so please contact sam@thewellbeingproject.co.uk or download the <http://www.thewellbeingproject.co.uk/bookingform-firing.php> to reserve your place.

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