



Wellbeing Workshops In Manchester on the 26th October 2011

We all have busy and hectic lives these days and can often feel that we have too much to do, too little time and not enough energy to get everything done. Does this sound like you? Our wellbeing, or lack of it, can have a direct impact on our health and affect us in ways such as high blood pressure, not eating a balanced diet, not exercising enough, interrupted sleep, little “me” time, not enough relaxation, poor concentration, anxiety, stress and depression.

This practical one day course is aimed at anyone who wants to improve their wellbeing. It will help you understand how the 5 essential elements of wellbeing link together and give you practical tools and techniques to improve your wellbeing.

The workshop style is relaxed, informal and highly participative, with a focus on learning from experience to support your development on a personal basis and make the subject real for you, back at home, work and in every aspect of your life!



Course content

Topics covered during the day will include:

- What is wellbeing
- The 5 essential elements
- Finding your balance
- Identifying personal triggers
- The worrybuster technique
- Guided relaxation exercises
- Taking control of your choices
- Creating a personal action plan

People who have attended the Wellbeing Workshops have said:

- *Great courses from a kind and helpful person. Thank you.*
- *Very enjoyable and informative.*
- *I gained an ability to feel in control of bringing my blood pressure down when feeling stressed.*
- *Learnt methods of relaxation and how to reduce the level of physical pain I suffer, especially at work.*
- *Was a most enjoyable session and was great to forget about everything I was worrying about, even though it was only temporary.*
- *The time after was spent in quite a relaxed state on both sessions.*

Our Trainer

Georgia Parker is a highly experienced coach, trainer and facilitator with a background and career in social housing spanning 17 years. Her interest in wellbeing stems from her experiences as a coach and supporting people to take control, build their confidence, fulfill their potential and live life to the full. As a hypnotherapist and Master NLP Practitioner, she uses a range of interactive techniques that are fun, stimulating and tailored to each individual in the group, so that your learning comes first.



What does this wellbeing workshop cost?

The cost of this workshop is £75 per delegate.

If you have over 10 delegates and would like to run this as a private in-house workshop then please call us for a quotation.

How do I book places on the training courses?

All that you need to do to book your place on any of our training courses is to complete the attached booking form and either e-mail it to: laura.w@pep.org.uk or post it to: Priority Estates Project Ltd, BIC Staffordshire, Staffordshire Technology Park, Beaconside, Stafford, ST18 0AR