

## Wellbeing & Life Management Course

This course is excellent for anyone feeling the effects of a stressful, busy lifestyle, and in particular all those who would like to balance the pressures of work and life.

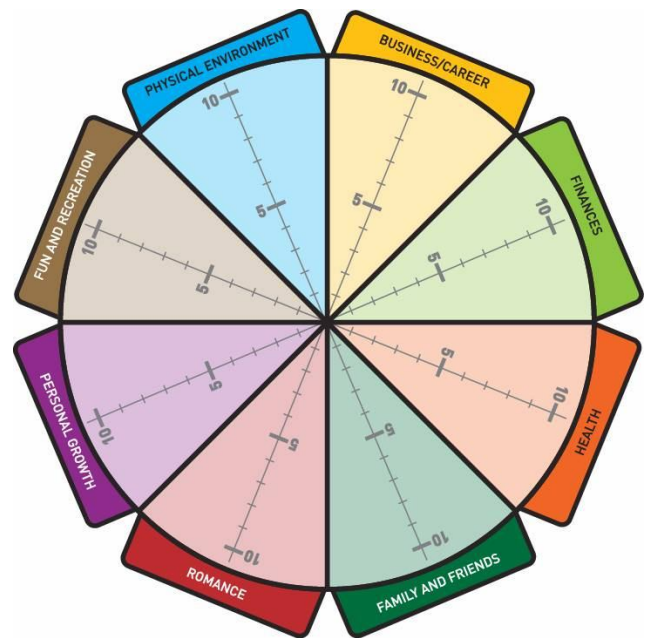
Taking an exploration of 'self coaching' you will uncover excellent strategies for managing both stress and time, leaving you space to build on positive psychologies and outcomes in your life. This course is all about a Mind Massage for you, soothing away unsupportive negative strategies and relaxing into great positive states.

Imagine how different things could be if you were thriving instead of striving. Imagine powerful self belief and the ability to communicate with others more confidently.

This course helps you relax into your own skin, it shares simple yet practical ways in which you can release self-doubts and develop a calm and relaxed presence, enhancing your abilities to influence others.

### Course Outline

- The difference between pressure and stress
- Recognising the symptoms and warning signs of stress
- How balanced is your life? Exploring the wheel of life
- Setting goals for personal fulfillment, contentment and well-being
- Making commitments for change to bring balance into your personal and work life
- Great techniques to combat stress
- Turning negative thinking and actions into positives
- Overcoming Fear and increasing confidence
- Identifying different ways to boost self esteem and confidence



### What will I achieve by attending?

This practical course will provide delegates with simple but effective methods and techniques to achieve balance reduce stress and feel an enhanced sense of well-being.

**For more about well being at work and a healthy stress free lifestyle visit our website at [www.smartfoundations.co.uk](http://www.smartfoundations.co.uk)**