

The Wellness Programme™



An inspirational, personal development programme to bring out the very best in people and performance.

Mood, emotions and levels of wellbeing underpin every aspect of our lives and relationships – both at work and home.

This powerful, modular programme is built on Emotional Intelligence (EQ) and NLP concepts – inspiring positive attitudes, beliefs and behaviour. Enhancing the wellbeing, performance and productivity of each individual and whole organisations.

Module 1 (1 day) **Confidence is Everything**

- Harnessing the power of your mind
- Confidence and motivation
- Self-talk for success
- Visualising for positive outcomes
- Feeling valued and self worthy
- Focussing on the rational
- Letting go of limiting beliefs
- Displaying your confidence
- Becoming an empowering person

Module 2 (1 day) **Amazing Relationships**

- Emotional intelligence building blocks
- Self-awareness and self-motivation
- Emotional management and its impact
- Making an opportunity of diversity
- Visual, auditory and kinaesthetic styles
- Congruent communication
- Assertiveness comes from within
- Establishing a deep rapport
- How to get the very best out of people

Module 3 (1 day) **Attracting Success**

- The power of the unconscious mind
- The laws of attraction
- Have irresistible charm and rapport skills
- Release the past and let go forever
- Learn the secrets of body language
- Empower yourself for amazing success
- Live with passion and motivation
- Breakthrough those limiting barriers

Module 4 (1 day) **Making it Happen**

- The cycles of change
- The importance of continual improvement
- Motivating others to achieve success
- Confusion becomes clarity
- The future is everything
- Defining goals and direction
- Fantastic self development tools
- Boosting mood and self-esteem
- Defining the new you!
- What will stop you?

The Wellness Programme™ is flexible and may be tailored to meet individual organisational needs.

Optional one-to-one mentoring and support sessions may be delivered as part of a personalised follow-up strategy.

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