

Nutrition & Wellbeing For High Performance People



This course has been designed for people who have challenging lifestyles and want to keep one step ahead of the game, both mentally and physically.

Course Highlights:

Introduction

- Being someone people want to be with or follow
- How can you ooze health and vitality
- Staying well to enjoy the fruits of your labour

Nutrition

- Boost and balance your energy levels and immune system
- Using food as your medicine
- Reducing the risks of heart disease and illness
- Identify and avoid needless energy drains
- You are what you eat, healthy choices for a busy schedule
- Do you need to take supplements?
- Beating the blues
- Boosting memory and concentration

Wellbeing

- De-stressing mind and body, effective techniques for instant calm
- Breathing away tension and worry, balancing mind and body, avoiding burnout
- Achieving a restful night's sleep
- Releasing tension and dealing with pain
- Harnessing the power of the mind
- Setting your priorities and action planning

Course Duration - 1 day

Course cost - £395.00 per delegate (plus VAT)