



Improve Your Wellbeing - Lift Spirits - Manage Stress

5 x Monday Evenings 7-9pm

February 20th - March 20th 2017

Total Cost: £50 (£38 concessions)

DESCRIPTION: After a stressful day, heated argument, personal loss or failure, or a setback to our dreams we often find that we are miserable, tense, agitated or weary and it is all too easy to fall into “comfort eating”, “comfort drinking”, drug-dependency (medicinal or recreational) or “couch potato” lifestyle, to ease our suffering. Unfortunately, over a period of time, these short-term fixes can end up adding to our problems instead of reducing them!

In this workshop you will learn and practice simple holistic techniques that empower you to “bounce back” from the effects of a hectic, stressful day, an encounter with a 'difficult person', or a personal loss or failure). We will be practising tried and tested techniques to relieve uncomfortable feelings and move us towards a more confident, harmonious, integrated and joyful state of being.

YOUR TUTOR: Michael J. Meredith is a qualified physiologist, healer and professional stress management coach, his websites are www.stress-counselling.co.uk & www.sunflower-health.com

LEARNING OUTCOMES: Familiarity with key relaxation & wellbeing tools. Able to use stress-clearing techniques. Experience simple ways to have fun and joy and build nourishing relationships, without spending money or damaging health!

TEACHING METHODS: Tutor presentations & demonstrations, handouts, videos, individual, partnered and group exercises, personal sleep diary. Each class is followed by an email reviewing and extending what was done in class, plus previewing the next class.

HOW PROGRESS & SUCCESS WILL BE RECORDED: Self-reporting, Tutor observation, participation in class discussion and sharing, performance in practical exercises.

EXTRA COSTS ON THE COURSE: NONE

WHAT YOU NEED TO BRING TO THE FIRST SESSION:

Something to lie on, pen & notepad. Wear comfortable, loose-fitting clothing. You will need to have an email address and will be required to sign a confidentiality agreement so that all attendees can share personal experiences safely.

Enrolment & payment

Booking forms are available from the website www.swaveseyvc.co.uk or from the College. You can also enrol by phone on 01954 234488. Payment can be made by cheque payable to Swavesey Village College, cash or credit/debit card in person, over the phone or by completing the section on the booking form and posting it to the College. Please note that refunds can only be made if a class is cancelled or closed.

Equalities statement

“The County Council operates an Equality of Opportunity Policy. We will ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all can access activities. If you have any specific needs which might affect your learning you are entitled to a confidential interview where we can look at the support you require. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust.”