



What's Involved?

Workshop (1) Confidence building using mental imagery.

In this, and in our view, un-missable workshop, our consultants will introduce the concept of using mental imagery as a way of rehearsing confident behaviour for meetings, presentations etc. It has been suggested that this technique forges and strengthens neural connections in the brain so that, when the event is taking place the person has 'been there beforehand in his or her head'. We will show you how to create, enhance and practice this technique so that it becomes second nature. Create your individual script and have it sent to you on MP3 for free. It is indeed a powerful tool in your mental armoury.

Workshop (2) Personal Development Through Performance Profiling and Goal Setting.

Performance profiling aims to highlight perceived strengths and weaknesses in how employees do their jobs. The perception may not, however, be the reality. In this highly recommended workshop our consultants will show you how to create your own performance profile, showing where you need to focus attention for improvement. This will act as a personal fingerprint of where you currently stand in relation to your aspirations.

We will move on to introduce the concept of goal setting. People rarely report setting personal goals. If they do, on many occasions these are either unrealistic, overly vague or, they are too distant to retain motivation. Our aims will be to: highlight important differences between outcome, performance and process goals; explain how to set appropriate goals using a technique, known as SMART.

Workshop (3)

Creating a pedometer challenge in your workplace.

Pedometers have been shown to help increase daily physical activity in numerous studies across the world. Our work with the recent Department of Health/Natural England 'National Step-o-meter Programme' puts us at the forefront in pedometer practice. We will come to your workplace for a one hour lunchtime session, during which we will give an overview of the importance of healthy activity in one's life. Following this we will equip each member of staff with a quality pedometer, record sheet and info pack. After a brief introduction to the pack we will have a practical session enabling all staff to use the pedometer and record sheet successfully. Staff then just do their normal week's activity but record steps per day to give us an accurate assessment of everyone's baseline.

One week later we will revisit for another lunchtime. This session will gather feedback on the first week's monitoring and cover individualised goal setting to enable staff to work towards greater health.

[click here to view our Website](#)

Workshop (4)

Body Image – What you Think is How you Act.

Many people have a poor image of themselves and this affects their way of thinking about their own health, lifestyle, wellbeing and diet. This workshop finds solutions to misperceptions of body image. It identifies those negative thoughts and helps to make them more realistic and less daunting. (find solutions to misperceptions of body image)

Healthy Diet. Why? And How?

Workshop (5)

This 60/90 minute workshop will cover all aspects of a healthy diet and dispels the myths that are commonplace on this topic. Starting with a brief presentation on the benefits of adopting a healthier approach to food, effect on physical and mental health, quality of life, longevity and how it can benefit your working life. We will then include practical assessment of portion size and other simple practical activity sessions suitable for all. We will finish with a feedback session, leaving a workforce that understands the principles of eating healthily and how they can use the knowledge to their advantage.

Try having your Body Composition Measured

Essential motivational tool especially for weight loss programs

Accurate tracking of changes in Fat/Lean Mass

Much more information than a simple BMI measurement

- Information

Don't worry this is a very simple analysis. When you come in for your appointment you will be weighed and your height measurement taken. Then you will have four little sticky pads placed on your foot and hand. These pads will be hooked up to a monitor that will read through electrical current your body composition. Don't worry you don't feel anything at all. The machine will give you the following information:

Total Body Weight (kg)

Body Fat (%) and Fat Weight (kg)

Lean Mass (%) Body Lean Mass (kg)

Body Water (%) Body Water (lt)

(the above all show the 'normal range' as well as your own score)

All We Ask Of You

To fill out the Bodystat Questionnaire (Attached) and bring that with you to your appointment.

To abide by the following rules as this will help your results be as accurate as possible, we recommend it but it is not compulsory:-

NO eating or drinking 4 to 5 hours prior to testing (if you must drink, drink water only)

NO exercise 12 hours prior to testing

NO alcohol or caffeine consumption 24 hours prior to testing.

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