

Introduction

Whether your life is very busy or runs with a number of quiet periods, it is often beneficial to take stock and assess whether the balance we have is all it could be. When we take into account the way our beliefs and values are constantly challenged and how our growth can slow and accelerate based on our interaction with others, we start to realise how easily we can become incorrectly focused. To this end the programme helps us re-communicate with our current beliefs, values and direction, not only associated with our health and fitness, but also with other key areas in life, like relationships, work and family.

Aims

The programme explores how we identify what current key areas make up our day-to-day lives and whether, on evaluation; they are what we believe they should be. We then look at the balance that exists between these different areas, identifying 'hot spots' of conflict and over or under commitment. Having now established the current pattern of our lives we review the past, to establish areas of consistent success and project forward to identify where we wish to be. Then using the entire information gathered we establish a current life mission with supporting goals and structured actions.

Benefits – to the individual

The information, tools and techniques learnt during the course will impact on both personal and professional lives by: -

- Learning how to analyse our lifestyle
- Recognizing our current strengths and weaknesses
- Understanding what balance in life means
- Discovering how to structure our development
- Learning how to create a plan for success
- Taking our conceptual thoughts and plans and giving them meaning
- Develop a program for the future that meets with our lifestyle beliefs
- Building workable plans that are within our control
- Understanding how to analysis our progress
- Knowing when to take corrective action
- Empowering others to support us

Who Should Attend

The course is designed to meet the needs of Individuals who wish to bring their lives back into balance and redefine their future direction.

