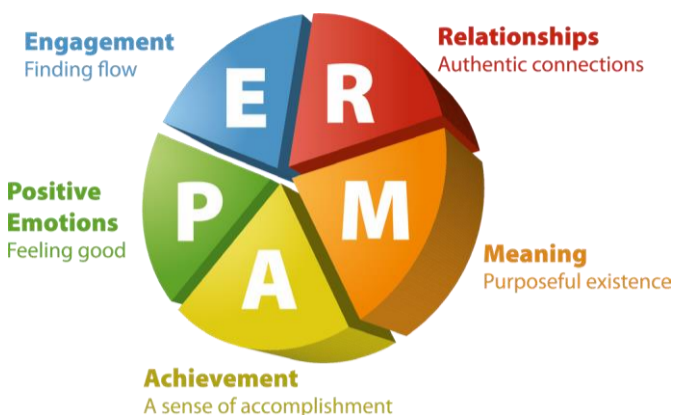




Emotional Well-Being that Works!

Pressure, Performance and Purpose:

An accredited workshop that will help you...



Over the last 20 years, new technologies and approaches have allowed Psychologists unprecedented insights into the biochemistry, behaviours and mental processes of happiness and fulfilment. Out of this research, Prof Martin Seligman (the 'father' of 'Positive Psychology') developed the PERMA framework to assess, measure and nurture the five core elements of human well-being and happiness. Seligman believes that growth in these five elements increases life of fulfilment, happiness, stress resilience and mental health.

The PERMA Model of Well-Being

from Martin Seligman's "Flourish"

Tools, Habits and Behaviours proven to promote personal, team and corporate resilience and well-being

This practical workshop has been designed to address the elements of the PERMA model as we build towards a healthy work / life balance. We will look at how stress can be managed positively (to produce achievement, meaning and relational quality) as well as how to avoid unnecessary dis-stress. There will be space for participants to intelligently assess and reflect on their current well-being.

And there will be exercises and habits shared that can facilitate deliberate self-leadership towards **"Performance under Pressure"**.



Apply:

- Positive Psychology
- Well-Being Techniques
- "Beyond Mindfulness"

To book your place, please

Email: info@mtceurope.co.uk
or call: 0844 745 2120

Build the Resilience of your Staff with these life-changing techniques

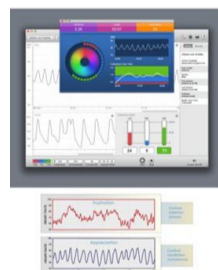
"Performance under Pressure" Thrive in an environment of pressing deadlines and target achievements.

Lifestyle awareness, increased emotional intelligence and stress management techniques are the keys to healthy well-being and motivated individuals.

This highly interactive workshop makes use of activity based learning, games and emWave technology (used in sport and military training to practice staying 'in the zone' of best performance).

Attendees will:

- Learn how to assess themselves in the 5 core elements of well-being.
- Learn simple practices and exercises to nurture each of the PERMA elements.
- Identify how to sustain Peak Performance Under Pressure
- Self-Analyse their Peak Performance Zone, Stress and Distress thresholds via personal biomedical demonstration utilising HeartMath and emWave bio-rhythm assessments.
- Learn how to apply and develop their Emotional Intelligence.
- Explore the benefits of choosing Positive Behaviours and Attitudes.
- Learn how to lead themselves emotionally towards their best mental and functional self, using simple Positive Psychology and Mindfulness techniques.
- Do personal assessments of behavioural and communication styles and their effect in themselves and on others.



emWave
Powered by HeartMath



emwave
personal stress reliever®



UNLEASH THE POTENTIAL OF YOUR PEOPLE

www.mtceurope.co.uk

