

The 3D Effect – De-stress, Delete and Develop.

Through this innovative programme you will have time to focus on yourself. Think of when you have felt at your absolute best? Don't you wish you could re-capture that day after day? Know how to use stress as a real motivation. Through a step by step process delegates will learn how to optimise performance to reach the business and personal goals they only aspire to at present. A short yet powerful journey, this programme can literally change your life by teaching you the techniques to take control, achieve peak performance and improve your wellbeing overall.

Programme Outline

During the programme you will have the opportunity to take part in informative sessions as well as gain valuable feedback on your own individual profile and stress triggers with a trained facilitator.

- Session One** This is an opportunity to meet fellow delegates. Get clear about what stress is and how you deal with it. Find out more about stresses within industry.
- Session Two** Explore your unique stress and motivation profile, the result of the personality test you have taken prior to the course. Understand it and the insights it can give to you now and in the future. What makes you tick? Recognise what causes your stress levels to rise; discover what you can avoid or alleviate.
- Session Three** Enjoy an introduction from one of your key hosts on Emotional Freedom Techniques (EFT). Learn how EFT can help you gain valuable insights for your future.
- Session Four** Discover how to effectively combat the thoughts that cause you stress. Find out what is 'true for you', and how you can achieve clear and stress-free responses.
- Wrap Up** Reflect on the days learning and evaluate what it means for you. Take away your new decisions which really will help you create the future you desire.

What is the real deal for you?

- ✚ Enjoy using cutting edge personal developments to grow yourself to the place you want to be.***
- ✚ Benefit from an individual stress profile for current use and future reference***
- ✚ Access a downloadable manual showing how to use Emotional Freedom Techniques***
- ✚ A powerful self development support tool that enables you to find out what is true for you as you combat stressful thoughts.***
- ✚ A learning environment surrounded by people keen to learn, develop and master stressful reactions. Use the spa resort hotel to continue this theme at the end of the day.***
- ✚ Morning and afternoon refreshments and three course lunch plus full use of the spa facilities.***

Costs?

- ✚ £175 for the day***
- ✚ Reduced rate of £90 for dinner, overnight stay and breakfast when booked with the hotel on an individual basis***

Please note prices quoted do not include VAT.

Day rate for course must be paid three weeks prior to the event. Overnight accommodation paid separately on departure from the course on an individual basis.