



New Course
Energy Resilience
Workshop Leader



iTEC

ACCREDITED COURSE



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ITEC, IMTA, ARCHTI, YA,
Licenced Heal Your Life
Trainer / Facilator



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ITEC, CORU,
World Association of Coaching
Coaching using Neuroscience,
Facilitator / Trainer
Independent SW

Who should take this Course ?

✓ Anyone with an interest in Welllness and creating cultural and community change

✓ Anyone wanting to become a leader in promoting Wellness

✓ Anyone wanting to understand themselves better and how to manage stress in life

✓ Anyone interested in understanding how to increase their own Resilience and Energy and have more control in their lives



Length of Course
50 Hours / 50 CPD Credits



Type of Training
Fun, Interactive, Reflective



Modules

Module 1

Energy Resilience

Module 2

Mind Body Connection

Module 3

Chair Movement / Mindfulness / Breath Work

Module 4

Navigating your Energies / Boundaries

Module 5

Being in charge of your own Neurowellness

Module 6

Self Care

Module 7

Next Best Move / Pulling it all together



Energy Resilience Course

Benefits to Companies / Individuals



Having certified Wellness facilitators on staff
Professional Development
Creating a Wellness Culture in your company
Empowering staff to work from a place of
Strength

Need More Information?



Contact Details

Mindbodyresilienceschool.com

Email -

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Contact ~0872216101 / 0858151656



Trainings Dates for 2023

20th - 23rd February Dublin

20th- 23rd March Dublin

17th - 20th April Cork

11 - 14th September London

9 - 12th October Dublin

13th - 16th November Holland

