



Mind Body Resilience School



Energy Resilience Workshop Leader Course



ITEC

ACCREDITED COURSE

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 Brian Mullins Insurance Brokers



Laura Hilliard Brady
ITEC, IMTA, ARCHTI, YA,
Licenced Heal Your Life, Yoga Teacher,
Trainer / Facilator



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

Who should take this Course ?

- ✓ Holistic Therapists who want to expand their business and create their own wellness programs
- ✓ Human Resources staff wanting to become leaders in promoting Wellness within the work place
- ✓ Individuals seeking personal development
- ✓ For those who are interested in understanding how to increase their own Resilience, Energy and have a more balanced life

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 -

Info@mindbodyresilienceschool.com

Contact ~085 815 1656 / 0858151656

Trainings Dates
ITEC Accredited Course
Feb 2024

Monday 12/02/2024

Tuesday 13/02/2024

Wednesday 14/02/2024

Thursday 22/02/2024

Friday 23/02/2024

Time : 9:30 - 4:30

Location of Training :
CityNorth Hotel & Conference
Centre, Gormanston, Co. Meath,
K32 W562
Exit 7 off M1