

# Swanage Retreats

Nourishing Heart and Soul

## Train to be a Wellbeing Coach - By the Sea

### WELL-BEING

*That secret place*

*Within the heart of each one*

*Which is never penetrated by the storms of the outer world.*

*Thus maintaining a place*

*From whence healing may flow*

*In dealing with those problems and situations that may arise (Uranda)*

The 5 pillars of holistic wellbeing are spiritual, mental, emotional, social and physical.

- Spiritual wellbeing gives you vision, peace and purpose. Without this you lose zest and passion for being alive
- Mental wellbeing gives you clarity and discernment. Without this you can feel confused and stuck, or running in the wrong direction
- Emotional wellbeing gives you equilibrium and empathy. Without this you can be dragged here there and everywhere by the ups and downs of life
- Social wellbeing gives you the ability to relate in creative ways. Without this you can feel you are constantly sabotaging relationships – both personal and business.
- Physical give us health. Without healthy bodies, just functioning becomes painful

Holistic wellbeing is when these all flourish together and we blossom, rather than struggle.

As a wellbeing coach you inspire others into becoming the best they can be, so they have the resources to surf the challenges of life and live their heart's destiny.

*'It is never too late to be who you might have been' (George Eliot)*

This training not only facilitates you into a fulfilling and meaningful vocation, but also gives you the foundations, tools and support to flourish in your own life.

Contact: Naomi Duffield Wellbeing Coach, Psychospiritual Counsellor, Trainer  
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**INSPIRE GROWTH \* TRANSFORM LIVES \* SURF CHALLENGE \* CREATE INNER WELLBEING**

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## Modules

September	The Art of Living Well	TRANSFORM coaching
October	Spiritual and psychological Wellbeing	Coaching Presence
November	Social, emotional, physical Wellbeing	Coaching Skills
December	Journey of Life	TRANSFORM framework
January	Healing and transformation	Empowering the changes
February	The secret of Happiness	Professional Practice
March	Successful Practice	Certification

Venue: Bella Vista Guest House (with gorgeous sea views), 14 Burlington Road, Swanage, BH19 1LS

Times: Arrive for dinner on Friday, leave after tea on Sunday

Investment: Tuition: £150 per weekend non-residential £995 for 7 weeks

Accommodation: from £150 per weekend £995 for 7 weeks

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