

Wholistic Wellbeing Programme

for mind, body, heart and soul



Feb 4th – March 17 4pm – 5.30pm

Swanage Therapy Centre

£96 for course

This Wholistic Wellbeing Programme facilitates wellness of your whole being – physical, emotional, mental and spiritual - inspiring you to become the best you can be in all aspects of living.

A seven week course that facilitates whole health in all aspects of being

Week 1: Assess your wholistic wellbeing

Week 2: Spiritual Wellbeing: integrate meaning into your life through sane spiritual connection

Week 3: Mind Wellbeing: discover how to release anxiety and create calm

Week 4: Emotional Wellbeing: understand the positive intention of all feelings and how to use them.

Week 5: Psychological Wellbeing: learn our RAISE process of freeing yourself from past trauma.

Week 6 Physical Wellbeing: apply the self-care that you know would benefit you.

Week 7 Relational Wellbeing: we are not alone - develop creative relationship

Week 8: Wholistic Wellbeing: unleash and live your destiny

Each session will be 1.5 hours and will consist of a presentation on the theme followed by an experiential exercise designed to enable you to integrate the wellbeing skill. Be prepared to be open and share. There will be practices to try out in between sessions and accountability check ins to support you.

'Probably the most useful course I have been on' : MT, retired head teacher'

With Naomi Duffield, Wholistic Well Being Coach

BA Hons, HND Counselling, Dip PS Psychotherapy, Spiritual Companion, Diploma in Wellbeing Coaching



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www.swanageretreats.co.uk