



Building physical resilience

Looking after your body is a no brainer! We all know the theory, eat well, sleep well, don't smoke, don't drink too much, exercise etc. Yet few of us do it effectively and when we are under pressure it is often the first thing to go. This course enables you to assess and reflect on your physical resilience and explores tricks and techniques to build physical resilience when time is in short supply: exploring body, breathing and sleep.

Around 2 hours • Face-to-face or virtual • Typically 4-15 participants • Supported by course notes • Interactive

Key course elements

The science

- Exploring the science of physical resilience and the importance of balance; including individual questionnaire.

Increase energy

- Exploring simple scientifically proven techniques to maximise energy, avoid afternoon slumps and improve resilience

Decrease stress

- Utilising strategies and techniques to minimise stress

Rest and relax

- Exploring how to switch off, tune out and sleep well

Participants will learn to...

- Identify areas where personal physical resilience is high and areas where there may be room for improvement
- Use fast acting scientifically proven techniques to promote energy
- Understand the importance of the breath in maintaining balance and high performance
- Explore the ability to self-regulate and remain calm under pressure
- Understand the importance of sleep in the maintenance of resilient behaviours
- Explore and utilise fast acting relaxation techniques to reduce stress, promote sleep and enhance performance