

Lifelong Learning Wellness...

Happy, healthy workplaces = productivity



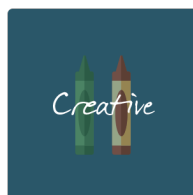
At Lifelong Learning, wellness means exploring the mind-body connection for creating a happy and healthy life at work and home. Our wellness experiences provide opportunity to discover a range of well-being options to enable you to live life to the full, now and in retirement. The experiences comprise a range of workshops, diagnostic assessments and holistic consultations designed to enable you to look at the mind-body connection for creating a balanced and whole person approach to wellness.

We explore Wellness through the Nine-dimensions of well being to provide a total wellness perspective. Each dimension needs to be well nourished and in balance to ensure optimal ways of being and living.

The Nine-Dimensions of Well-being



The Nine-Dimensions is introduced to you through a **half-day workshop** held in the picturesque Town of Toodyay. The introductory workshop provides you with the opportunity to explore your-**Self** and build strategy for lifelong wellness.



It is for people who realise that health is more than the absence of disease or just not being sick. It's about having a great night's sleep, waking up with boundless energy, feeling true relaxation, having passion for

the work you do, earning the right levels of money and living the best life you can. It's about being balanced; incorporating the right food, the right exercise, having the right mindset and the right life plan for you. It's about ensuring quantity and quality of life.

The workshop provides you with opportunity to commence your wellness journey and identify strategies to maintain optimal health and wellness all of which you can journal into your *Book of Wellness* ...

Half-Day Workshop

The mind-body connection:

Exploring the Nine-dimensions

Setting off from the East Perth train station on the Avonlink, this half-day workshop introduces you to the nine-dimensions of well being to provide opportunity to commence your personal wellness adventure.

Session Outcomes:

This session will provide you with the skills and knowledge to:

- Develop an understanding of the mind-body connection to create personal wellness;
- Explore the nine (9) dimensions to determine those areas that may require nourishment; and
- Commence a process to enable the chasing of dreams, hopes and ambition to become a reality.

The workshops are interactive, fun AND challenging.

Topics are explored that enable the connection to the power of the mind and its effects on the body.

Plus consciously identifying the life choices we make, even when we don't think we are making any.

This half-day workshop includes your fabulous journal and learning workbook – the

Book of Wellness ...

Contact Di Granger for further information or to bring the workshop to you.

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