

# Exercise Your Mind

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Do you ever wish you could look into the future and see what's in store? By taking a holistic look at how we balance various aspects of our lives, including physical fitness, career, finances, family, home etc. this course will help to identify some of the choices with which you will be faced and how to prepare for them.

By the end of the course delegates will be able to:

- link the importance of physical well-being to performance at work
- understand some of the major decisions they will face
- identify their preferred career path
- use proven techniques to stay alert and fit in work
- keep on top of major developments affecting career and life balance

The course includes:

- nutrition: its impact on mental and physical well-being
- mental and physical fitness for work
- defining work/life direction

- managing work/life dilemmas
- win-win solutions for managing work/family conflict
- Clarifying priorities and building a support network

This course is suitable for anyone faced with the possibility of major life changes in the coming years who would like to take some of the guesswork out of the process.

Duration: 2 days



**The Island Partnership**

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