

# Live Well Workshop

ICCM National Office, City of London Cemetery, Aldersbrook Road,  
Manor Park, London E12 5DQ

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The ICCM, in association with HeartLed Wellbeing, is holding a Live Well Workshop designed to help you develop greater personal wellbeing and emotional resilience. Improve your work/life balance and enjoy better relationships. Feel better, less sapped, more positive and take away your own personalised wellness practice plan to follow after you leave.



# Overview

In order to care for others, you need to be able to care for yourself. This workshop offers an opportunity for you to explore your overall health and wellbeing.

It includes a baseline self-assessment of emotional wellbeing, life stressors and some guided meditation.

You get the chance to work with others to share your own personal tips and insights plus the latest thinking around personal health and the wellness agenda.

## Who should attend?

Anyone who feels jaded or a 'bit out of sorts', who may be stressed or who wants to develop a more positive approach to their overall health and wellbeing.

## What will I learn?

- More about your own health and wellbeing
- An introduction to neuroscience and the mind body link
- The benefits of greater personal resilience
- How to recognise the early warning signs of running on empty
- Tool and techniques to manage stress, reduce anxiety and promote better coping

## Duration

09.30-16.30

## Price

£75 for ICCM Members, £95.00 for non-members. Refreshments and lunch included. Places are limited so please book early to avoid disappointment.

## Further information

If you would like further information about the content of the course please email Anne Raven-Vause at [annie@heartledwellbeing.com](mailto:annie@heartledwellbeing.com)

## How to book

If you would like to host a course, contact Julie Callender, ICCM National Office, City of London Cemetery, Aldersbrook Road, Manor Park, London, E12 5DQ, email [julie.callender@iccm-uk.com](mailto:julie.callender@iccm-uk.com).