

Live Well Workshop

Wednesday 1st November 2017

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

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

How to book

Complete the application form and return it to Julie Callender, ICCM National Office, City of London Cemetery, Aldersbrook Road, Manor Park, London, E12 5DQ, email julie.callender@iccm-uk.com.

Booking Form

I wish to attend/send the following attendee(s) to the ICCM and HeartLed Wellbeing Live Well Workshop at the ICCM National Office on Wednesday 1st November 2017:

Name 1: _____ ICCM Member?
Y/N

Name 2: _____ Y/N

Representing: _____

Email: _____
Confirmation of attendance will be sent by email

Phone No: _____

Address for invoice: _____

Order No: _____

Any Special Dietary Requirements: _____

Please note that the training room at the ICCM National Office is up a flight of stairs and there is no lift or alternative access.

The fee for the workshop covers attendance, documentation, lunch and refreshments. The fee is £75.00 + VAT for ICCM members and £95.00 + VAT for non-members.

Please do not send cash or a cheque with the booking form – an invoice will be sent to you at the address you give above.

Cancellations and refunds – receipt of the completed booking form is a contract. Cancellations must be made in writing at least 10 working days before the workshop, and will incur a 20% administration fee. Cancellations made after 10 working days before the workshop will not be refunded. No refund will be given for non-attendance. Substitution of delegates at no extra charge may be made by emailing julie.callender@iccm-uk.com. In the unlikely event of cancellation by the organisers, any fees paid will be refunded but no further liability will be accepted. The organisers reserve the right to make changes to the programme, speakers and venue should this be necessary.

Please return completed forms to Julie Callender at julie.callender@iccm-uk.com, or to ICCM National Office, City of London Cemetery, Aldersbrook Road, Manor Park, London, E12 5DQ