

Finding Balance:

Session Two: In the mind, body and emotions

Trainer: Alistair Duncan, [The Healthy Leadership Project](#)

Duration: Half-day workshop

This is the second session of our popular well-being *Finding Balance* course. For those who can't find the time to attend a full day, we have split the session into two separate workshops. Depending on your interests and time commitments you can attend either or both.

Who is it for?

If you would like to understand yourself better, and learn how the stories that you tell yourself affect why you react to certain things in certain ways, then this course is for you.

You will find out what you can learn from your body's responses and your emotions, and how to use them to respond to challenging people and events.

This workshop is for staff who want strategies and techniques that will help them thrive at work and beyond. It will give you insights and resources to find balance in a novel and practical way.

- Take a fresh experiential look at how your thoughts and emotions impact your state of well-being, your decisions and actions.
- Explore strategies to focus your thoughts and emotions to enable you to have more influence and impact in your working relationships with others.
- Learn what's going on in the body as you seemingly unconsciously react to the situations around you in both resourceful and less effective ways.

What will happen in the workshop:

- You will receive a short pre-workshop preparation sheet that will help you to get maximum benefit from the sessions.
- The workshop is highly practical using a variety of engaging exercises (you won't be sitting in your chair all day).
- You will work on your own, in pairs and small groups.
- The sessions are focused on real-life changes at the level of both thoughts and emotions, rather than lots of theory.
- There will be time for reflection on how you would like to change your experience of your day-to-day work environment and its challenges.
- You will be introduced to a number of models with insight into the biological and psychological foundations on which they are based.
- You will receive a handbook supporting your experience.