

# Wellness Course Outline

Session#	Title	Description
1	Welcome & Mind-Body#1	Overview, social contract, intro to relaxation techniques
2	Mind-Body#2	Further mental and physical relaxation techniques
3	Food#1	Benefits of balanced eating: progress, not perfection
4	Food#2	Balanced eating on a budget: tips, strategies, and examples
5	Food#3	Carbs, energy, and fullness; sugars and emptiness
6	Mind-Body#3	Advancing mental and physical relaxation techniques
7	Food#4	Fatty and rich foods; acting on satisfaction signals
8	Food#5	Protein, dairy, and satisfaction; weekly planning
9	Mind-Food#1	Exploring emotional triggers to reduce the effects of craving
9	Body#1	Exercising and moving safely: individualised goals and effort
10	Food-Mind-Body: links	Exploring inspirational links that help us unexpectedly
11	Mindfulness and Planning	Post-course viable support and resources: taking action
12	Ongoing momentum	1) Developing sustainable momentum 2) Farewell & thanks

Restoring well  
being, mood,  
and motivation

HMANN.COACH ©

Feedback and  
evaluation

Stakeholder  
review