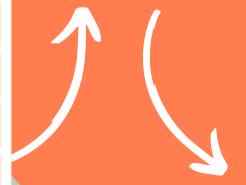
Restoring well being, mood, and motivation

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 |

Feedback and evaluation



Stakeholder review

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