



Starts 10th March



Bayview Wellbeing

Stressed? Tired? Frustrated? Unhealthy? Learn to take Control!

Now is the time to change for the better by signing up to a series of 4 weekly, wellbeing workshops covering the 4 pillars of wellbeing.

Week 1 – Introduction to basic physiology and the 4 pillars of **Wellbeing**

Week 2 – Learn about **Stress** and how to manage it

Week 3 – Understanding **Sleep**

Week 4 - Healthy **Nutrition** and staying **Hydrated**

These 1 ½ -hour interactive workshops, delivered by Andy Neale from Bayview Wellbeing, are not just hugely informative but great fun. Covering basic human physiology with simple interventions you will see instant changes to your quality of life. Andy's unique style has been honed over a career delivering training interventions in the 'corporate world,' mostly to people who don't want to be there!

But even with these tough audiences see below a selection of client testimonials and delegate feedback.

"You are probably aware that we ask attendees to provide us with feedback on all our sessions and I'm pleased to say your presentation was rated at a fantastic 95% (top of the class!)"

"It was really interactive and engaging and several people have told me that they thought it was the highlight of the conference."

"Thank you so much for your excellent talk about sleep at the team meeting a few weeks ago, it was really interesting and engaging. 😊"

"My sleeping pattern has changed due to the menopause; understanding the 90-minute sleep cycle explains so much."

"Take a step back and clear your head; Calm breathing to remove stress and control; moment meditation."

Call or e-mail Andy for more information or book online

<https://www.cornwalltours.net/bayview-training>

Bayview Wellbeing

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