



1/2 day open program

Path to Health, Energy and Satisfaction OR How to Understand Your Body

Lead Yourself.

**Shine
Leadership**

This workshop will provide you with many effective advice on how to listen to your body for a healthy and happy life.

Are we truly healthy? Do we take a good care of our body and mind? How much does our psyche affect our wellbeing? And what kind of impact has our diet on our emotions, health, family harmony and work success?

Jitka Mather
lecturer

The body is inseparable from the mind.

When we look at how emotions manifest themselves in our bodies, we will understand that we may consider them as our key to understanding our illnesses. The immune system, like the central nervous system, has memory and the ability to learn. Intelligence is found not only in the brain but also in our cells all over the body. Therefore, we cannot separate mental processes including our emotions from the body.

Dianne Connolly

For dates, prices, registration, organizational information and terms and condition go to:
ShineLeadership.cz

Location

Training Centre Hradčanská
Milady Horákové 116/109B
160 00 Praha 6

Contact Person

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Why choose this program?

- Find out what our emotions reveal about our internal organs
- Find out what are the biggest "mistakes" according to TCM in our everyday diet and lifestyle
- Let's talk about how food can help us to enjoy our everyday situations in health and good mood.
- Learn to use certain acupressure points, for example, for regulating stress, headaches, etc.
- Realize how "vitally important" it is to value yourself and love yourself
- Last but not least, how to deal with changes and everyday stress

Who is it for?

This workshop with Jitka Mather is for all those who care about the quality of their lives and want to live a full life. It is for all those who want to actively impact the quality of their lives with seemingly simple yet effective changes, because everything translates into our health, the quality of our personal lives and our working career.

Topics

- Brief introduction to Chinese medicine diagnosis (examples)
- Food as a source of energy for the body and the brain
- How to prevent the burn-out syndrome (meditation, food, work with energy)
- How not to fall for the latest nutritional trends and supplements with zero (minimal) effect but a high price tag... or how to use common sense
- Chinese medicine in the business world – acupressure points, relaxation, mental techniques for stress control
- Psychosomatic causes of illness – all our illnesses start in our heads

In this half-day workshop, you will receive several simple yet effective advice on how to listen to your body, how food affects not only our body but also our soul. And also how seemingly small everyday changes may have a huge impact on the quality of our lives.

Shine Leadership s.r.o.

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