

Based in UK Based in UK, with associates in four continents, speaking eight languages, SCT unleashes your potential for smarter results. Biographies of all our trainers their experience, locations and languages and so much more can be found on the website:

www.smartcoachingtraining.com.



KHDA/Actvet Certified

Wellness 2: Overcoming Anxiety, Mental Mastery, Alignment & Balance

“Wellness at Work” is recognised as a fundamental need. These three short courses are examples of what can be learnt in a few hours to improve the wellness of your work colleagues and increase the bottom line.

Smart Coaching & Training is offering these three five-hour public workshops delivered by SCT’s experienced trainers. Can be delivered on line and in person.



Wellness training in Birmingham, UK

Overcoming Anxiety

In the UK there are up to 20 million reported sufferers of anxiety. Though the number is probably much more because many hide their symptoms and suffer in silence. This half day workshop has been developed to help with all forms of anxiety and to help you to understand and learn successful methods to overcome the symptoms, so you can begin to live life with more happiness & freedom. Topics Include:

- ✓ Understanding the psychological & physiological aspects of anxiety
- ✓ Identifying the triggers & causes
- ✓ Internal dialogue/What you’re saying to yourself & changing it
- ✓ The importance of effective breathing
- ✓ Knowing all the resources are inside of you
- ✓ Learning to take back control & becoming free of the symptoms

Mental Mastery

The aim of this short course is to help you remove blockages that have prevented you from achieving goals and aspirations you desired. You’ll learn how to finally move towards them and stop any fear or hesitation you may have had in the past. By the end of the course you will be able to apply simple practices that will free your mind allowing you to focus on a life enriched with more freedom and a blueprint to achieve your aspirations. This course consists of five one hour sessions. Topics include:

- ✓ What Stopped you? Understanding what held you back in the past
- ✓ FEAR: breaking down fear and creating certainty in it’s place
- ✓ Realising your True Self
- ✓ Knowing how to connect with your Higher Self
- ✓ Dare to Dream:
- ✓ How to ensure you can get what you want
- ✓ Putting it all Together
- ✓ Creating your blueprint and making sure it happens

Alignment and Balance for a Harmonious You

This short course is aimed at helping you understand the problems we encounter when we live an imbalanced life. It will shed light on why this is and allow you to learn new ways to create a more balanced life. This can be run in one day but is often run in five weekly one hour sessions to give time for reflection. This includes:

- ✓ Signs and Dangers of Imbalance; Identifying and how to change destructive patterns
- ✓ Making Peace With the Past; Letting go of what no longer serves you
- ✓ Which Way First; working on first things first (principles)
- ✓ Reverse Engineering; Stepping into what it will be like when you have it
- ✓ The Ripple Effect; How it will affect your family and those around you

These courses are sometimes run as open public courses but more often are run for companies who proved up to 12 participants

Smart Coaching & Training Ltd

Whatsapp and UK +447788425688 +34 644773910 +971 5 566525970

info@smartcoachingtraining.com www.smartcoachingtraining.com

No 8362126 Registered in England VAT Registration No 157 4257 94

Your Trainer



Eric Moore is a coach, an NLP trainer, Master Hypnotherapist, Nutritionist, practitioner of TFT with experience in meditation and world healing practices, Meta-Physics, body and energy work, anatomical trains and Biomechanics.

Eric Moore is an outstanding trainer. He has fantastic communication skills, mixed with a high level of specialist knowledge and a witty sense of humour. He quickly builds rapport with all participants and can hold audience attention through the use of brilliant public speaking skills

Eric WANTS you to flourish, and develop the best version of yourself, for yourself. UK Sheffield Probation

This course was truly life-changing. I would recommend working with Eric to all. UK Social Care

