



MAEVE LANKFORD
COACHING & FACILITATION

RADICAL WELLBEING

4 WEEK COURSE

What is Radical Wellbeing?

What if you could take some time now to radically transform your approach to your own wellbeing such that you emerge as someone who is healthier, happier and more vital than ever before. Radical Wellbeing could be just the programme for you!

Based on the concept developed by Stephen Covey, Radical Wellbeing says that for us to be at our best, we need to constantly make time to 'sharpen the saw', i.e. to look after our emotional, mental, physical and spiritual wellbeing.

Many of us do some of these things at least some of the time. But imagine if you were to do all of them, more consistently. What if you felt emotionally secure, mentally balanced, physically fit and spiritually nourished?

Being well physically, mentally, emotionally and spiritually has a hugely positive impact on every other domain in your life – your relationships are improved because you have more energy and are feeling better in yourself so can show up better for others in your life. You are more creative and energetic for work and how you share your time and talent. And you have more energy for hobbies and interests, energy and time that previously you longed for but couldn't seem to find.

If on reading this may you're thinking that it all sounds great but that you have prioritise work or other commitments over your own health and wellbeing please ponder this quote from Stephen Covey:

“This is the single most powerful investment we can ever make in life – investment in ourselves, in the only instrument we have with which to deal with life and to contribute. We are the instruments of our own performance, and to be effective, we need to recognise the importance of taking time regularly to sharpen the saw in all four ways.”

So come on this journey together, sharpen your saw and embrace full spectrum wellbeing.

What's Involved?

Each module includes a live webinar teaching new content, strategies and tools based on one each of the 4 dimensions and principles. The live calls are approx. 1 hour duration, including some time for comments, Q&A and support and complemented with a worksheet/resources to apply the teachings between sessions.

Radical Wellbeing creates full spectrum wellbeing across four dimensions: **Physical, Emotional, Mental and Spiritual.**

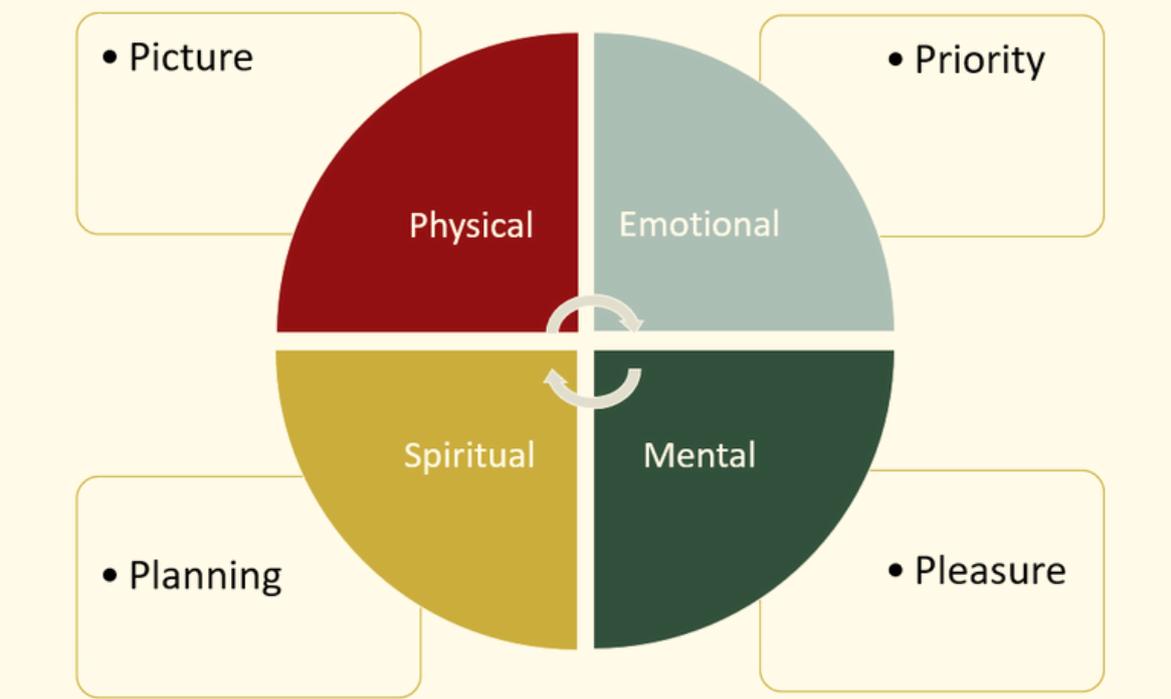
It is overlaid with 4 organising principles that support you in actually executing your radical wellbeing, the four Ps:

Picture – creating your vision of your best health and wellbeing

Priority – support for giving your wellbeing the priority it deserves in your life

Pleasure – seeing your self-care and wellbeing as a source of pleasure in your life

Planning - creating plans so radical wellbeing becomes a seamless part of how you live your life



Key Themes

Physical Dimension

- Wellbeing Assessment and creating your Picture of Radical Wellbeing for You
- Create an affirmation for your radical wellbeing
- Listening to Life's soft signals for change
- Being curious

Emotional Dimension

- Prioritising your Radical Wellbeing
- Loving Your Body & the healing power of laughter
- Heart Coherence and the Love Response
- Creating Emotional Connection with others

Mental Dimension

- Finding Pleasure in your selfcare and wellbeing practices
- The power of sleep
- Tools to Develop Mental Focus
- Nurture your Mind & Create Your Mental Wellbeing Pyramid

Spiritual Dimension

- Planning for your Radical Wellbeing
- Identifying and Living Your Values
- Connecting to your Spiritual Core
- Developing Compassion for self and others

What Participants Say

Here's what some past participants reported in terms of progress they were making during the programme and their experience of the content:

“

I have my bloods done, and realise my sugar is high, so I am addressing this. I started pilates, walking more, drinking plain water (no dilute) just loving it. My colleague, is following a very strict health kick and has lost a stone and has more energy

Rose Duffy

”

“

Drinking more water, walking every night, using lovely oils in the diffuser, and making the small changes, and they are adding up to, above all, being aware!

Workshop Participant

”

“

I have been listening to this week's recording. I've listened through twice now. It is brilliant. I must say the way you dealt with this particular topic [spiritual wellbeing] was genius. I really mean that. It was brave and profound and it deserves an award

Elaine O'Leary

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If you would like to discuss introducing this programme for staff in your organisation, please get in touch with Maeve by email or phone

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