

SELFCARE & HOLISTIC PRACTICES TRAINING COURSE

MAIN OBJECTIVES AND COURSE DESCRIPTION:

Course description:

The global events of the last few years have brought major challenges for people.

Frontline workers and students have experienced ongoing difficulties in their working and personal lives – leading to an increase in stress, and physical, mental, and emotional fatigue and exhaustion.

This course will introduce you to self-care and holistic practices designed to improve your stress management and overall wellbeing.

This course is also developed with the aim of sharing what Tenerife can offer towards wellness and physical wellbeing to their visitors, a type of tourism that have been growing on the last few years. This course contribute to be more conscious about health conditions caused by the daily life such as stress, anxiety, etc. and to maintain an optimistic attitude against problems or issues.

In relation to this and to deal with that challenges and social problems, holistic therapies has become a big remedy:

Holistic therapy attempts to have the individual gain awareness of these connections between the mind, body, and spirit using a number of different techniques. The goal is to help individuals to develop a much deeper understanding of themselves at all levels, which can often lead to improved self-esteem and self-awareness.

Holistic therapies includes:

- Art therapy
- Nature or wilderness therapy
- Music therapy
- Yoga
- Meditation and breathing
- Nutritional counselling

Main objectives:

- To reduce stress and improve healthy coping skills
- To improve overall health
- To increase self-esteem and identity
- To reduce depression and anxiety
- To improve family and personal communication

- Nature connection and environmental consciousness
- To learn about conscious nutrition
- To build professionals relationships and connections.

Programmed activities:

During the four-days training the agenda will contain three to five of the following activities, depending on dates, number of participants and professional's/mentors availability:

- Yoga practice with an official instructor
- Trekking in the mountain / coast line while you practice mindfulness techniques
- Qiqong and Meditation workshop
- Visit to a local eco-farm with tasting of organics products: the future of human nutrition.
- SPA Thermal circuit
- Antistress therapy: main techniques and methodology
- Meditation and Thai massage techniques in a retreat rural-setting
- Learning about the shared community gardens: example of self-sustainability and healthy nutrition practises
- Workshop: Effective self-management & self-regulation techniques
- Transpersonal therapy, mind & body balance.
- Body & Brain: mindful breathing and relaxed concentration

SPECIFICS:

- ✓ This course includes **four days practical lessons and activities**, from 9.30am to 13.00pm, starting on Monday.
- ✓ Meeting point: Calle Montaña Clara, 5. Local 4. 38679. Fañabé. Adeje.

A minimum of three participants required and maximum eight.

COURSE FEE:

550€ + 7% tax (per person)

The price includes:

Welcome info-pack, transport from the meeting point to activities, official and certified teachers and holistic therapists, cultural activities, teaching material and certificates: Certificate of Attendance, Europass Certificate Supplement, Europass Mobility...

*Transfer and accommodation NOT included.

TARGET GROUP:

This training course is designed for any member of an educational organisation: trainers, school management, administration staff, school/university teachers, holistic therapies and wellness students, Erasmus+ Project Managers, International Offices staff, etc.

More information by email: info@tenerifejobtraining.com