

Workshop - Weight Loss Boot Camp for the Mind

<p><u>Workshop Overview</u></p>	<p>Are you FED UP with the continual cycle of dieting, losing and gaining weight?</p> <p>Do you wonder why you are not able to lose weight or remain slim after losing weight?</p> <p>This workshop is an intensive work out for the mind and it will train you in the secrets of successful weight control. The workshop is rigorous yet fun. It will get your mind racing and set your body working too. The course is run by qualified weight loss experts and is highly specialized using the latest psychological techniques.</p> <p>It is personalized to enable you to identify the areas in which you where you need to focus. And you are able to speak to discuss your concerns directly with the specialists.</p> <p>The workshop includes work on confidence building, motivation, and self-esteem.</p>
<p><u>Who Will Benefit From The Workshop?</u></p>	<ul style="list-style-type: none"> • People who struggle to lose weight • Yo-yo dieters • People who want to enjoy food again • People who doubt their own ability to control their weight • People who sabotage their own chances of success • People who find it difficult to say "No" • People who feel the need to increase their confidence or self esteem
<p><u>What Will You Gain From the Workshop?</u></p>	<ul style="list-style-type: none"> • How to change the way you think about food • Easily embrace a healthier lifestyle by being in control of fitness and weight • How to rule out the desire to diet by increasing your desire to eat healthily • How to break free of the weight loss/weight gain cycle • Recognise that although you are individual you are among the majority of individuals that have problems with weight control • Relate your behaviours and habits to your emotions • Identify different types of eating behaviour – association, boredom, emotional and hunger! And address them • Improve your self-esteem and body image – feel good about yourself again • Weight CONTROL – easy maintenance by lifestyle change – NEVER diet again.
<p><u>Programme Topics</u></p>	<ul style="list-style-type: none"> • The subconscious mind – our beliefs and behaviours • Why do humans eat? Boredom, emotions, association. • Portion control

	<ul style="list-style-type: none"> • Feeling full – how do I stop eating? • Appetite – who’s in control – mind, emotion, stomach? • Activity and exercise is NOT the gym! • Snacks and treats • Fear of failure and self-sabotage • Building self-esteem • Setting achievable goals
<u>Methods</u>	<ul style="list-style-type: none"> • Trainer presentation and group work • Questions and feedback • Neuro-Linguistic Programming (NLP) and hypnosis • NO diets, aversions or rigorous regimes
<u>To Take Away</u>	<ul style="list-style-type: none"> • Workshop notes and a self-hypnosis cd • Motivation! • A new lifestyle
<u>Booking</u>	<ul style="list-style-type: none"> • One day intensive boot camp • Max group size 12 – 2 specialist trainers (1 to 6 ratio) • 10am til 4pm • £149 per person – discounted to just £99 • Strictly limited availability