



# Mental Wellness in The Workplace

*A 6-week course for women*

by

**Andrena Woodhams**

## Top 5 Benefits

- ▷ Learn to “roll with the punches” by building your resilience and flexibility in a fast-changing environments
- ▷ Own your power as a woman without losing your femininity
- ▷ Use your body to reconnect with your natural sense of self worth
- ▷ Discover how to prevent burnout by providing self-care
- ▷ Deepen your relationship with your body to develop a more defined sense of purpose

## Testimonials

*“A compelling speaker”*

*“Her impact cannot be underestimated”*

*“Her charismatic personality relaxes the audience”*

## Program Highlights

### WEEK 1

#### **Restorative Habits**

How to adopt daily rituals and routines to restore your vitality and energy

### WEEK 4

#### **Resilience & Flexibility**

Learn movements and exercises that improve your mental clarity during the day and help you sleep better in fast changing circumstances

### WEEK 2

#### **Radiant Health**

Mental wellness is based upon a healthy body. Healthy eating is the cornerstone of daily focused productivity

### WEEK 5

#### **Stress Relief**

Learning how to relieve embodied stress results increases confidence and relaxed awareness

### WEEK 3

#### **Clearing Emotions**

Understand where emotions are held in the body and how to release them freeing you to make better decisions

### WEEK 6

#### **Power of Being a Woman**

Reconnect with your purpose through receptivity to fully access your inner power as a woman

## About Andrena

Author, speaker and expert in worldwide travel events, Andrena’s approach to health is as unique as her approach to life. Twenty years ago, she left a successful career as a television producer and presenter behind and spent fifteen years working with experts in bodywork and consciousness. She now helps others achieve the mental and emotional wellbeing they deserve through her novels and the Embodiment Cure, a practical antidote to the mental stress of the modern world.