



Managing Your Energy at Work

By Anne Jones

In this workshop we address the problems faced by therapists working directly with the public and ways to preserve and enhance their personal energy and that of their clients. How to prevent “burn out” and the draining effects of “difficult” clients and overloaded schedules.

- The human energy field and why it is affected by your own and other people’s thoughts, emotions and actions.
- How you can preserve your energy when working closely with clients.
- How to clear and lift the energies of your workplace.
- Stress debilitates your energy. How to cope with the stress of tight schedules, work “overload” and personal pressures.
- How to recharge your energy and bringing in new energy.
- How to lift yourself on depressive days
- Simple methods to clear your energies and relax during and at the end of a busy day.

This one day workshop will include practical exercises and opportunities to practise the techniques and processes covered in this course.