



Complete Harmony

Achieving harmony in your world

Coaching

Stress Management

Personal Styling

EFT

Reiki

The importance of building resilience

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Issue 8

Have you ever wondered why some people seem to remain calm in the face of disaster, while others seem to fall apart?

People that are able to keep their cool have what psychologists call resilience, or an ability to cope with problems and setbacks.

Resilient people are able to utilise their skills and strengths to cope and recover from problems and challenges, which may include redundancy, financial problems, illness, natural disasters, medical emergencies, divorce or bereavement.

Resilience does not eliminate stress or erase life's difficulties.

Instead, it gives people the strength to tackle problems head on, overcome adversity and move on with their lives.

Resilience involves behaviours, thoughts and actions that can be learned and developed in anyone.

There are many benefits to individuals committed to improving their resilience. These include enhanced performance at work and improved wellbeing. A resilient person not only understands the importance of self care during periods of high demands and pressure, but acts on it.

With improved resilience comes an improved ability to understand and solve problems creatively.

Higher levels of resilience also enables a person remain optimistic under pressure and regard setbacks and change as challenges that will offer opportunities. A resilient person also has increased flexibility in their approach and confidence and a stronger sense of being in control when faced with uncertainty. They have strong supportive relationships with colleagues / friends and knowing when and where to ask for help.

So, how are your resilience levels?

Wellbeing solutions:

Practical tips for reducing stress

Take 10 minutes 'time out' when you start to feel stressed. This will not only relax you, but help you to see more clearly.

Stretch when you are at your desk or at work to relieve tension and increase blood flow.

Don't let issues get on top of you. Keep things in perspective and talk to someone about your concerns. BUT make sure it's the right person, someone who can really help you.

Wherever possible, try to look for the positive angle or at least what you can learn from the situation.

Food for thought...

"A man too busy to take care of his health is like a mechanic too busy to take care of his tools".

At Complete Harmony Rachel helps people achieve a more balanced and harmonious life, living the life they want and feeling a greater sense of calm, fulfillment and well-being. Her calm, informal style and her approachability ensure she adapts her style to suit the client's needs.

With a successful commercial background and the attainment of BSc.(Hons) in Financial Services, Rachel now works as a Wellbeing Consultant.

As a qualified and accredited Coach, (accredited with the Association for Coaching), accredited NLP Practitioner, AAMET EFT Practitioner, qualified Stress Management Practitioner (with membership of ISMA), qualified Image Consultant, Member of Mensa, Associate for the Chartered Institute of Bankers, member of The Institute for Learners and member of UK Reiki Federation, she has extensive experience of coaching, work-life balance, stress management and health and wellbeing.

Rachel has combined a successful career with raising a family of 4 children, which enables her to empathise with clients, whose lives are a juggling act.

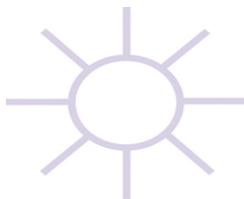
Rachel's corporate business...

How The Wellbeing Programme can add value.....

The competitive edge of your business depends on the competitive edge of your people. Develop your people and you develop your business.

We offer a personal approach to learning and development for businesses; achieving results through maximizing human potential. We work closely with our clients in both the private and public sector to design tailored training and coaching interventions to achieve specific outcomes. And we facilitate it in an informal manner that enhances learning and enjoyment.

We are able to deliver training and coaching in a wide variety of subjects: coaching, stress management, performance management, communication skills, assertiveness, feedback, confidence building, career skills development, problem solving, facilitation skills, return to work interviews, presentation skills, plus a range of Team Development workshops.



Career And Life Management

Mission Statement:

Delivering exceptional value to businesses, through a dynamic and varied programme of development opportunities; where staff feel valued as individuals and are actively encouraged to fulfil their potential and to benefit from a range of innovative wellbeing and holistic initiatives.

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