

Managing Stress Retreat

Led by Dr. Clare Beckett-McInroy Co-Active Coach and
Clare Hatfield, Holistic Healing

Date: 9th / 10th May 2012

**Venue: Sea Loft Chalets, Amwaj Islands, Bahrain
(just 10 mins from Bahrain Int. Airport)**



Day 1, **ESSENTIALS**

8:30am - 3:30pm

- Understand stress, its causes and how it manifests
- Discover your saboteurs
- Identify the impact of stress personally, professionally and organizationally
- Develop intrapersonal skills and emotional intelligence

Evening, **ELECTIVES** ranging from

5:30pm - 8:30pm

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|-------------|------------------|
| Yoga | Meditation |
| Reiki | Shambala dancing |
| Reflexology | Head Massage |

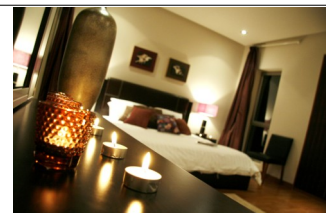
Day 2, **EXECUTION**

*8:30am - 3:00pm

- Optional pre breakfast meditation and stretch *7:00am
- Discover tried and tested time management techniques
- Explore essential motivational strategies
- Study strategic planning and goal setting
- Figure out your future self
- Proactively manage stress
- Learn effective conflict resolutions
- Increase work life balance

Prices

- ◆ 2 days - BD 195 *including refreshments and meals*
- ◆ 2 days inc. one night's stay at The Sea Loft Chalets
BD 235 *including refreshments and meals*



sea loft



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