

Emotional Fitness Pilot

May 2011

Invitation

We are seeking expressions of interest from organisations who wish to participate in a pioneering pilot programme of human potential development. The programme has been co-created by **Dr Mark Atkinson**, medical doctor and one of the world's leading authorities in mind-body medicine and author of 'True Happiness – your complete guide to emotional health' and **Geetu Bharwaney**, Founder of Ei World and author of 'Emotionally Intelligent Living'.

At the heart of this innovative programme is the theme of '**Emotional Fitness**', the foundation of a truly healthy, fulfilling and successful life. Someone with a high level of **Emotional Fitness** is emotionally mature, skilled at working with both their emotions and thoughts and committed to living life authentically. We believe that **Emotional Fitness** is very needed in organisations today as a critically important skill set in work, education and society. The time is right for a solid, sustainable, measurable approach to developing these abilities.

Programme Outcomes

The **Emotional Fitness** Programme is designed to deliver a fast, permanent shift in the well-being, resilience and effectiveness of your priority people. By the end of this programme, participants will be working in a way that is more effortless, balanced, creative and productive. They will be able to face everyday pressures with ease and will notice the quality of their decisions improve.

Consequently, participants will experience a sense of well-being, clarity and balance most of the time. They will work effectively and creatively with emotions like stress, fear and anger and will remove their self-limiting beliefs and attitudes. Pilot participants will be actively using their improved communication skills to enrich their personal relationships.

Co-Creator:



Dr Mark Atkinson
Founder, Academy of Human Potential
www.drmarkatkinson.com

- Medical Doctor (Imperial College School of Medicine, London).

- Internationally-renowned authority in mind-body medicine and emotional fitness.

- Work featured in the national press, including *The Daily Telegraph*, *The Mail on Sunday* and *The Sunday Times*.

-Award-winning writer and author of *The Mind-Body Bible*, *Holistic Health Secrets for Women* and *True Happiness – Your Complete Guide to Emotional Health*.

-Advocate for developing our human potential and this being the basis for a more compassionate, sustainable world. In 2008, founded a personal growth company called the Academy of Human Potential.

-Co-founder of the British College of Integrative Medicine.

- Fellow of the Royal Society for Public Health.

- Member of The Scientific and Medical Network.

Methodology

The programme is delivered through a combination of pre-programme assessment, self-mastery workshops and supportive learning processes.

Benefits

By the end of the programme participants will be:

- Living and working with greater clarity, balance and vitality.
- Optimising their personal and professional effectiveness.
- Managing their emotions and thoughts more skilfully.

In particular these outcomes will be reflected in participants':

- Improved emotional health, resilience and well-being.
- Reduced stress levels.
- Improved capacity for deep listening and empathic communication.

Programme Components

The pilot programme is available for groups (minimum 20 people) and includes:

- Online pre and post programme Emotional Fitness assessment.
- Identifying and tracking the measures of effectiveness deemed most important to the individual and to the organisation.
- Three 1-day workshops over a period of two to three months.
- Access to recorded online webinars and MP3 downloads.
- Completion of five key tasks.
- Course Materials.
- One-to-one mentoring for individuals who require it will be at additional cost.

Timelines

May 2011 – Announcement of pilot.

By end May 2011 – Receipt of initial expressions of interest from potential participating organisations.

End June 2011 – Agreement on 'Learning Contract' surrounding pilot programme. Communication to all pilot participants.

Sept-Dec 2011 – Implementation of Pilot.

Co-Creator:



**Geetu Bharwaney,
Founder, Ei World
www.eiworld.org**

- 22 years design and implementation of impact-based programmes.

-Expert in Emotional Intelligence concepts, methodologies, learning processes and research.

- Author of 'Emotionally Intelligent Living'.

- Experienced executive coach.

- Extensive experience of programme needs assessment, design, delivery and evaluation in a variety of organisational contexts.

- Member of Ei Consortium, a group who advance best practices in emotional intelligence research and development globally.

- Chartered Fellow of CIPD.

- MSc Psychology of Health (City University, 2005, Distinction awarded).

- Qualified Trainer in HeartMath tools for transforming stress and developing resilience.

- Qualified Trainer in tools for measuring emotional intelligence EQ-i and EQ-360.