Executive Mind-Body Well-Being

A Bespoke, Personalised, Practical Well-Being Programme for CEOs, Directors and Senior Executives

Start date: To suit the individual Executive

Programme Provider: Ei World Limited
Programme Leader: Dr Mark Atkinson

www.eiworld.org
www.drmarkatkinson.com
**Context**

Many organisations make a commitment to the well-being of their employees as part of their corporate social responsibility or their organisational values, yet there is often an unspoken assumption that the most senior leaders know how to thrive in challenging circumstances with ever increasing organisational and financial demands.

On the inside however, many leaders are experiencing chronic levels of stress with high cost in terms of personal health, vitality, quality of family life and ‘felt’ levels of success. We are aware of the depth of this problem through confidential and personal dialogue with leaders over the past 12 years. Part of the problem is that it can be time-consuming to attend workshops so practical development possibilities for executives are few and far between.

**Programme Overview**

The ‘Executive Mind-Body Well-Being’ programme is designed to address the context described above. It is a profound development programme with the key goal of supporting executives to be effective.

The programme is bespoke, personalised and practical, so that it addresses the specific issues that are pertinent to the individual executive. Time is not wasted covering general topics on well-being.

The programme aims to identify the key components of personal well-being pertinent to the individual executive and then addresses them effectively.

The result is the achievement of high levels of emotional, physical and social health such that your Executives are able to optimise their full potential both at work and at home.

**Learning Objectives**

Executives will discover how to:

- shift quickly from a state of stress and confusion to calm, alert presence.
- create mental clarity, emotional balance and physical vitality through the practice of healthy self-care and conscious living.
- work with and manage any distressing emotions – including fear, stress, anger and resentment - safely and effectively.
- make changes to diet and lifestyle that will liberate health and vitality and reduce the likelihood of developing chronic diseases.
- work with any limiting personality traits or life challenges in a way that facilitates personal growth.
- access a state of inner well-being, peace and vitality.
- improve emotional intelligence.
- apply what has been learned to enrich leadership capabilities.

**Measurable Changes**

Executives will benefit directly from this unique programme through:

1. Learning how to consistently experience mental clarity, emotional balance and physical vitality.
2. Applying easy-to-learn practical skills in everyday life so that you effect meaningful changes in interactions with key stakeholders and close relationships.
3. Mastering five micro-practices that when used regularly will bring about a positive, lasting shift in physical health and psychological well-being.
**Programme Delivery**

This programme is delivered for groups of executives (minimum 6 from the same organisation) and involves:

- Completion of in-depth personal history questionnaire, reviewed before the first mentoring session.
- Online Emotional Intelligence assessment.
- 4 hours of mentoring by phone usually delivered as 8 x 30 minute blocks with Dr Mark Atkinson (or can be flexed to suit).
- 1-day workshop at Ei World’s centre in Ampthill, Bedfordshire with travel the evening prior (or another venue to suit).
- All dates and times to suit individual preferences.

**Indicative Topics**

Vitality & Lifestyle Management  
The Keys to Healthy Relationships  
Discovering Deep Vision  
Conscious Leadership  
The Three Centres  
Meeting the Selves  
Experiencing Wholeness  
The Art of Stress Reduction  
Managing Emotions Effectively

**Programme Provider**

Ei World

Ei World’s focus is Well-being, Resilience and Performance at individual, team and organisational levels.

We believe that effective performance of your people is not a luxury but a business imperative.

We deliver world-class programmes in the UK and globally to develop and sustain employee engagement and effectiveness.

Our programmes are designed to support:

- Strategy execution/change programmes  
- Leadership development  
- Organisational transformation  
- Talent management  
- Team effectiveness  
- Executive coaching programmes

We have partnered with Dr Mark Atkinson to produce this innovative programme. See next page for biography.

See [www.eiworld.org](http://www.eiworld.org) for further details.

**Programme Leader**

Dr Mark Atkinson

(Biography on next page)
Dr Mark Atkinson (MBBS) is a medical doctor and an internationally-renowned expert in well-being, mind-body medicine and emotional health. His pioneering whole person approach to health and well-being has been endorsed by leading doctors, featured on ITV and written about in the national press, including The Daily Telegraph, The Mail on Sunday and The Sunday Times.

Dr Atkinson is also an award-winning writer and author of The Mind–Body Bible, Holistic Health Secrets for Women and True Happiness – Your Complete Guide to Emotional Health.

In addition to his passion for health and well-being, Dr Atkinson is an advocate for developing our human potential and this being the basis for a more compassionate, sustainable world. In 2008 he founded a personal growth company called the Academy of Human Potential. The Academy supports individuals in realising their fullest potential through the provision of workshops, courses, conferences and consulting services.

Dr Mark Atkinson is a Fellow of the Royal Society for Public Health and a member of The Scientific and Medical Network. He received his medical qualification (MBBS) from Imperial College School of Medicine in London.

His websites are www.drmarkatkinson.com and www.discovertruehappiness.com
**Logistics & Practicalities**

**Workshop Venue**

**Ei World**, 4 Doolittle Mill, Ampthill, Bedfordshire MK45 2ND.

Directions are available on the ‘Contact us’ page at Ei World – www.eiworld.org

Motorway - Easy access from Junction 12/13 of M1.

Airports – Luton (25 mins), Heathrow (60 minutes), Gatwick (75 minutes), Stanstead (75 minutes).

Rail – Milton Keynes Station (20 minutes taxi) and Flitwick Station (5 minutes taxi).

**Hotel Accommodation**

**Menzies Flitwick Manor**, Church Road, Flitwick, Bedfordshire, MK45 1AE

Location: 5 minutes from Doolittle Mill.

Ei World special rate: £ 124.00 dinner bed and breakfast (non-commissionable, needs to be booked directly by client company)

Nestling in acres of tranquil gardens and wooded parkland, Flitwick Manor is a classic Georgian country house hotel. Elegantly furnished with fine antiques and period pieces, Flitwick Manor offers an enticing escape into fine country living.

**Cost of Programme**

**Costs include:**
- Review of detailed personal history by Dr Mark Atkinson at the outset.
- 4 hrs of telephone mentoring with Dr Mark Atkinson.
- 1-day workshop at Doolittle Mill with Dr Mark Atkinson including lunch and refreshments.
- Project management from Ei World throughout the programme.
- Email support from Dr Mark Atkinson to individuals throughout the programme.
- All listed programme resources.

**Excludes:** Medical Diagnostic tests (if these are necessary for the individual); hotel accommodation at Flitwick Manor at rate quoted above; travel, accommodation and venue costs, if workshop is delivered at a location other than Doolittle Mill.

**Price on request**

(please specify number of executives)

**Programme Resources (all included):**
- ‘Executive Mind-Body Well-being’ Workshop Handouts.
- The book ‘True Happiness’.
- Nutritional supplements (where necessary) during first 3-months.
- Emotional Intelligence Assessment at the outset.
- Evaluation of personal changes in Mind-Body Well-Being at conclusion of programme.

A unique and comfortable venue for the one day workshop

Executives are advised to travel to Flitwick Manor the evening prior to the workshop, to be both physically and emotionally ready for the workshop.