

A close-up photograph of a person's eyes, which are light blue and looking slightly to the right. The skin is fair, and the eyebrows are light brown. The image is used as a background for the text.

CENTRING: Managing Stress & Anxiety With The Body



"We are the first system
we must learn to manage"
Stuart Heller



Working from home during lockdown is presenting us with highly stressful situations, impacting the mind and body alike. We lack space and privacy, or live in isolation. We are working from home and homing from work.

We take care of family members and home-school children, while having decreased access to our social networks.

On top of it all, the uncertainty of COVID and the post-COVID world is eating up even more of our psychological and physiological resources.

At the same time, we are still expected to deliver high performance and collaborate efficiently at work, and to be supportive and warm partners and parents.

A tall order without the appropriate toolkit.

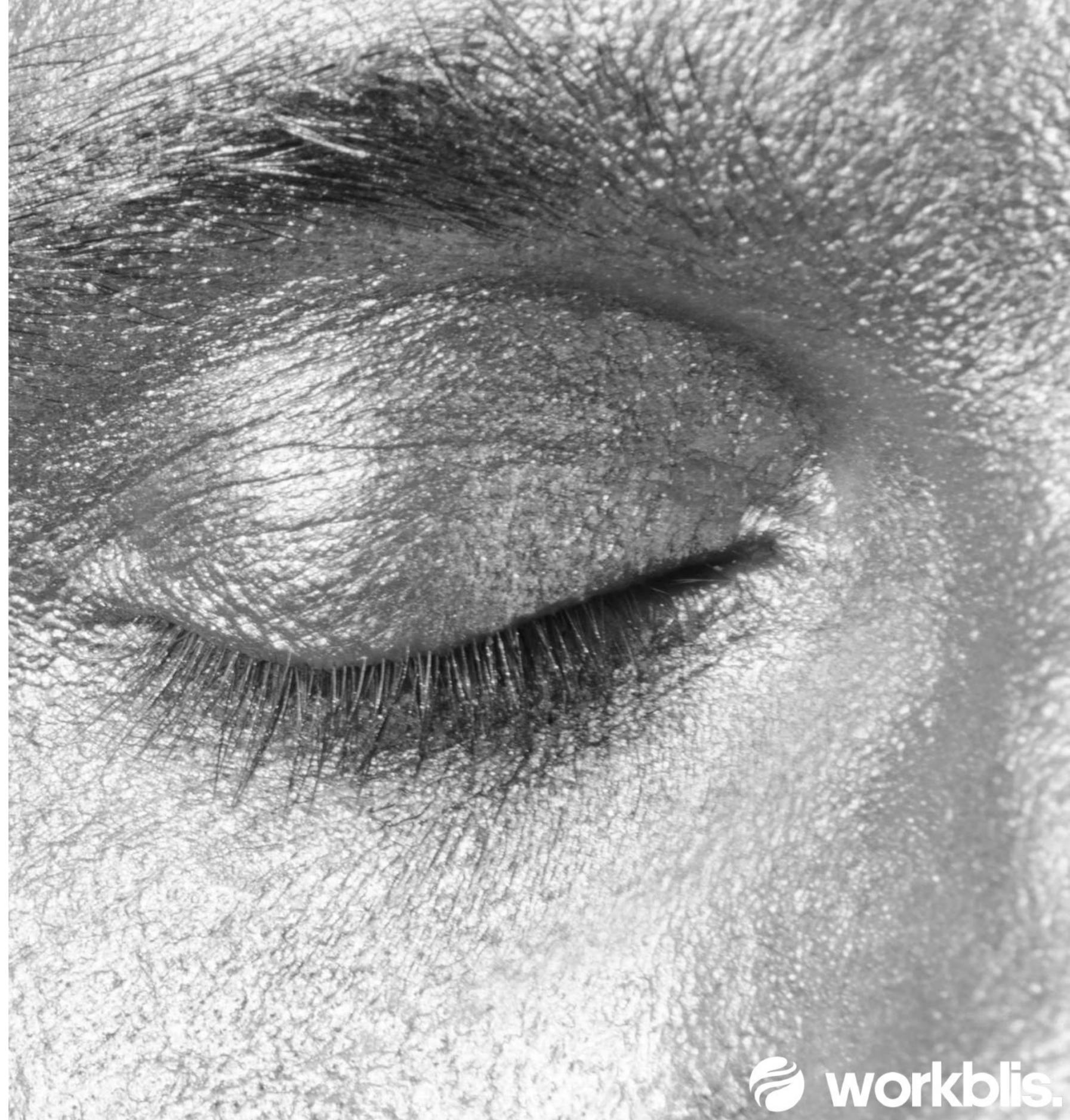
Centring is a collection of body-mind techniques used for self-regulation that brings us back into holistic balance. At its core, being stressed is a bodily response therefore we need bodily tools to work with it.

We cannot simply talk or think ourselves out of tense muscles, increased heart-rate, feeling fatigued, headaches, a racing anxious mind or having sleeping difficulties.

We have to state shift the body for stress to decrease.

The focus of this webinar is to teach participants short and easy body based self-management techniques that can be accessed wherever and whenever required: to recharge their energy, to gain clarity, to calm down after a stressful situation, or to build resilience.

During centring practices, we deliberately place our body in a state of openness, balance, and expansiveness. When the body is in an open, balanced and expansive state – rather than closed, imbalanced and contracted – every single activity, may that be mental, physical or emotional will be carried out with greater clarity, ease and efficiency.



CONTENT

- The science of embodiment and the pivotal role of the body in stress management
- Understanding everyday distress reactions
- Shifting between Personality and Centre for more clarity and wisdom
- Techniques for calming the body and mind
- The 3 Dimensions Centring: Length, Width, Depth
- ABC Centring: Awareness, Balance, Core
- Techniques for increasing energy
- Wake up Centring
- General relaxation factors

This webinar includes simple movement practices. Participants will be asked to stand and move. The movement will be non-athletic.

The webinar is provided by a Certified Embodied Facilitator.



This workshop is facilitated by Mariann G.

Mariann has a deep rooted passion for enhancing human potential. Her most recent academic training is an MSc in Health Psychology - University of Leiden (NL).

Her international corporate experience includes assignments with The European Commission, and PwC CEE region.

Expertise

- Training high-impact teams and individuals to create resilience, reduce stress and build coherence that translates into measurable improvements in mental well-being, vitality, quality of life and ultimately performance;
- Designing and implementing projects on: leadership development, heart-based leadership, employee engagement, finding inefficiencies in business processes, improving horizontal and vertical cooperation, aligned communication trainings, team building, change readiness audit;
- Consulting on strategic interventions to increase mental and physical well-being with a focus on primary, secondary and tertiary prevention strategies;
- Providing advise on corporate stress management (solutions for behavioural, physical and psychological symptoms of stress) and developing health behaviours that drive KPIs.



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