



MAEVE LANKFORD
COACHING & FACILITATION

An interactive online programme to profoundly impact your life

Radical Wellbeing

Delivered by Dr. Maeve Lankford

WHAT IS RADICAL WELLBEING?

What if you could take some time now to radically transform your approach to your own wellbeing such that you emerge as someone who is healthier, happier and more vital than ever before. Radical Wellbeing could be just the programme for you!

Based on the concept developed by Stephen Covey, Radical Wellbeing says that for us to be at our best, we need to constantly make time to 'sharpen the saw', i.e. to look after our emotional, mental, physical and spiritual wellbeing.

Many of us do some of these things at least some of the time. But imagine if you were to do all of them, more consistently. What if you felt emotionally secure, mentally balanced, physically fit and spiritually nourished?

Being well physically; mentally; emotionally and spiritually has a hugely positive impact on every other domain in your life – your relationships improve because you have more energy and are feeling better in yourself so can show up better for others in your life. You are more creative and energetic for

work and make better decisions about how you share your time and talent. And you have more energy for hobbies and interests, energy and time that you previously longed for but couldn't seem to find.

Maybe you're thinking that this all sounds great but you have to prioritise work or other commitments over your own health and wellbeing, then please ponder this quote from Stephen Covey:

“This is the single most powerful investment we can ever make in life – investment in ourselves, in the only instrument we have with which to deal with life and to contribute. We are the instruments of our own performance, and to be effective, we need to recognise the importance of taking time regularly to sharpen the saw in all four ways.”

So come on this journey together, sharpen your saw and embrace full spectrum wellbeing.

INVESTMENT

The cost includes:

- The 4 modules detailed overleaf
- A follow up worksheet for each of the modules
- A recording of each of the modules so that participants can listen again
- A graduate's 15% discount code for our online coaching programmes

Total Cost per participant
£280 + VAT / €325 + VAT

Early bird booking discount
£240 + VAT / €280 + VAT

WHAT'S INVOLVED?

This is a 4 module programme delivered over 8 weeks via Zoom, supplemented with a worksheet to experiment with the strategies between modules.

Each session will take place 10.00am – 11.00am

13th May 2021	Physical Wellbeing	11th June 2021	Mental Wellbeing
27th May 2021	Emotional Wellbeing	25th June 2021	Spiritual Wellbeing

DR MAEVE LANKFORD



The programme is designed and delivered by Dr. Maeve Lankford. Maeve has over 25 years' experience of working in human potential and development. Maeve is a hugely experienced and highly regarded motivational speaker, workshop leader, facilitator and coach.

Maeve's signature strengths include leadership and team development, resilience and equality. She believes in making her workshops experiential opportunities for development and growth, knowing that we learn best through experience and that knowledge is most relevant when it is applied, embodied and lived.

WHAT PREVIOUS PARTICIPANTS SAY

Here's what some past participants reported in terms of progress they were making during Radical Wellbeing and their experience of the content:

"I've had my bloods done, and realised my sugar was high, so I am addressing this.

I started pilates, walking more, drinking plain water (no dilute) just loving it. My colleague is following a very strict health kick and has lost a stone and has more energy."

"I have been listening to this week's recording. I've listened through twice now. It is brilliant. I must say the way you dealt with this particular topic (spiritual wellbeing) was genius. I really mean that. It was brave and profound and it deserves an award."

"Drinking more water, walking every night, using lovely oils in the diffuser, and making the small changes, and they are adding up to, above all, being aware!"