


April 2021



THE FUNDAMENTALS OF WORK LIFE BALANCE

C&E HR CONSULTANCY &
YOGA EMBRACE BY VICTORIA

Course Prospectus v1.0



YOGA + MENTORING = WORK LIFE BALANCE

It's time to meet the most focused, happiest and inspired you!

A focused mind inside a relaxed body.

The Work/ Life Balance Challenge: Release your Inner Potential & The Key to Unlocking Success is a Mentoring Experience with a difference. The emphasis is on Holistic Learning which seeks to engage all aspects of the Mentee, including mind, body, and soul.

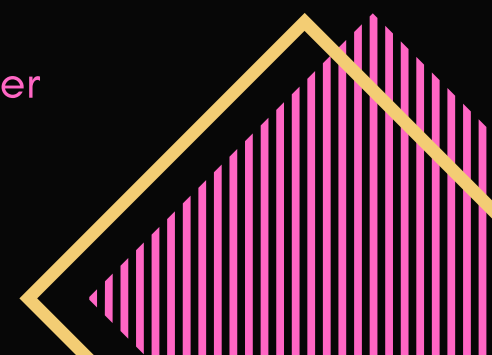




ABSTRACT FOR WORK LIFE BALANCE CHALLENGE

Each step of your Mentoring programme will be accompanied by a range of Holistic techniques designed to heighten your awareness and connect with your future goals in life. These techniques involve Yoga, Meditation, Breathing & Visualisation exercises to name a few.

It is a programme tailored to meet you at your current point in life and help you to reach your individual aspirations to go wherever you would like to.





INTRODUCTION TO MENTORING

What is Mentoring?



INTRODUCTION TO MENTORING

What is Mentoring?

The word Mentoring originates from the Greek myth where Odysseus entrusts the education of his son to his friend Mentor. A mentor usually focuses, along with the mentee, on motivations, ability, competencies, and on creating opportunities to enable the mentee to achieve their full potential.

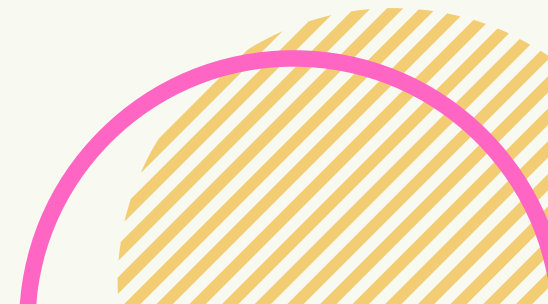
We offer mentoring programmes which can be tailored to the workplace and /or personal circumstances. We use a hybrid approach which means we encourage the mentee to find solutions to particular issues themselves, therefore encouraging enabling skills whilst also utilising a facilitative approach which means offering directive instruction and advice.

INTRODUCTION TO MENTORING

What is Mentoring?

We use a number of tools to help the mentee to understand themselves and their goals as well as offering personal coaching in specific areas, recommended reading and goal-oriented success. The final stage of the mentoring programme will be to complete a 5-year plan. Often the act of having somebody with whom to talk over thoughts and feelings, to realise that they have goals and ambitions in life , however big or small and that they can achieve things is hugely liberating for people.

Our Mindset lessons and positive affirmations will change the way you look at things and give you personalised lifestyle strategies for dealing with whatever might come your way in the future.





INTRODUCTION TO YOGA

What is Yoga?

INTRODUCTION TO YOGA

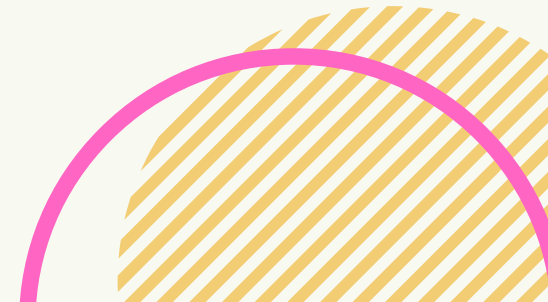
What is Yoga?

The Yoga Sutras of Patanjali refers to 8 limbs of yoga, each of which offers guidance on how to live a meaningful and purposeful life.

The word yoga loosely means to connect. The thing we look to connect to is the true self. Yoga can also mean disentanglement. The thing we're being liberated from is whatever stops us from feeling free. Quite often in the professional world, we become locked in by our environment, unable to balance the things that really matter to us, leading to a downward spiral.

The 8 'limbs' of yoga are as follows:

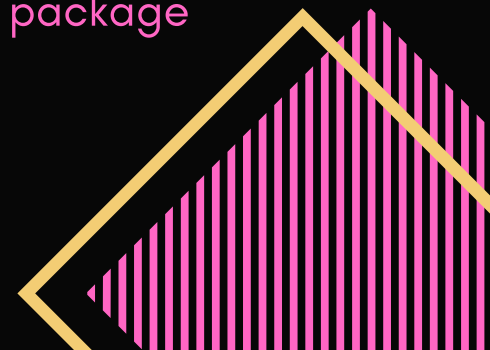
1. Yama - Restraints, moral disciplines or moral vows
2. Niyama - Positive duties or observances
3. Asana- Posture
4. Pranayama - Breathing Techniques
5. Pratyahara - Sense withdrawal
6. Dharana- Focused Concentration
7. Dhyana - Meditative Absorption
8. Samadhi - Bliss or Enlightenment



SYLLABUS

The Fundamentals of Creating Work/ Life Balance:
A Mentoring & Yoga Taster Course which Includes:

- Introduction from Teachers
- 2 x 1.5hr Executive Group Coaching Sessions with a Personal Development Coach to set your goals for the future and start to prepare your path to success in personal and professional life
- 2 x Introductory Yoga Sessions including controlled breathing techniques, basic yoga postures, visualization and positive affirmations
- Includes all materials
- Access to Private Group
- 10% discount off full work/life balance challenge course and any 1-2-1 Executive Mentoring package
- No previous yoga experience necessary



COURSE OUTLINE

INTRO & SESSION 1

MENTORING + YOGA

COURSE OPENER WITH GILLIAN & VICTORIA (1HR)

Welcome

- Welcome to the Fundamentals of Work Life Balance Course
- Meet the Team
- Set the Expectation
- Q&A

SESSION 1 GILLIAN (1.5HRS)

Set the starting point

- Understanding the Current State - Where are you in Life?
- Introduction to Goal Setting
- Using exercises in Scaling, the Wheel of Life, The Wheel of Life Radar & the Tree of Success to determine areas to work on
- Introduction to the 6 Pillars of Mindfulness

SESSION 1 VICTORIA (1HR)

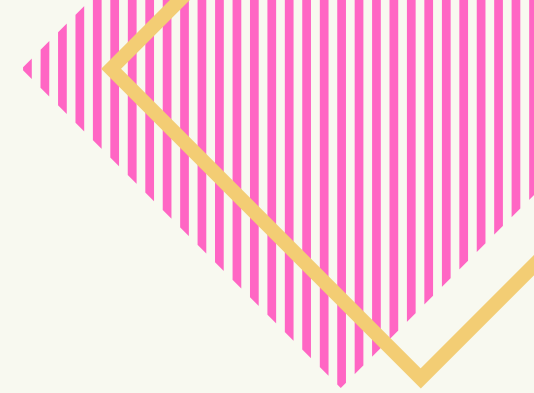
Discovering your Life's Purpose

- Yoga Nidra centred around Dharma Discovery - Life's Purpose
- Setting of the San Kalpa
- Soft Visualisation
- Using Yoga to refocus life priorities
- Discussion on how clients can compliment mentoring with regular Yoga practice



COURSE OUTLINE

SESSION 2



SESSION 2 VICTORIA (1HR)

Yoga for Relaxation

- Gentle Stretching Yoga Postures for Relaxation
- Introduction to Visualisation
- Focus on Solar Plexus Chakra, Creativity & Innovation - The Inner Child

SESSION 2 GILLIAN (1.5HRS)

Visualising Success

- Visualising Success - What does your Future Look Like?
- Your Vision
- Your Mission Statement
- The Mood Board



INTRODUCTION TO GOAL SETTING



ALIGNING WITH YOUR
DHARMA (LIFE PURPOSE)

Yoga to help free your mind from negative emotions causing blockages, low self esteem and confidence.

Yoga Nidra + Visualisation - set your Sankalpa (heart felt Desire), visualise your life priorities, your ideal life/career. What needs to change? What qualities do you have and what do you enjoy doing? Can you work/make a living doing what you are passionate about?

Discussion on how regular yoga practise can compliment your mentoring programmes.

VISUALISING SUCCESS



IGNITE AND INSPIRE
YOGA FOR CREATIVITY AND INNOVATION

Yoga to activate the Sacral and Solar Plexus chakras- igniting creativity, inspiration and innovation, whilst boosting confidence and self esteem.

Connecting to and healing the inner child to let go of fear and low self esteem that hold you back from achieving your dreams.

YOGA
EMBRACE
BY VICTORIA



GILLIAN CRAMB

C&E HR Consultancy

Director of Learning &
Organisational Development

My name is Gillian Cramb and I have started C&E HR Consultancy from my new base in the South of France. I started my career as a Language Teacher and having managed several language schools of my own lead me into the world of Training & Development. After completing my MBA in 2015 I had begun to realise that I had a real passion for both Strategic Management and Organisational Development; so much so that I earned the title of Head of People Transformation in my then organization. This led to the creation of a large Learning & Organisational Development Department comprising Training & Development, Trade Skills, Executive Learning & Development, Organisational Design & Development and Corporate Social Responsibility of which I was promoted to the position of Director.

I have personally spent a long time finding what I wanted to do in life. I have been on a long personal journey which meant I gained invaluable skills and experience. I do wish, however, that I had had somebody who could have directed me better when I was younger. I want to be able to do for others what I never had available to me. I want to be able to help people find their career paths and help to open up their horizons. This is where the concept of C&E came from.

I love what I do and I especially love being able to deliver on a strategy by ensuring that our teams have the right talent in place to do so. What I found however is twofold: that companies struggle to understand how to put the right talent in the right places and that employees often find themselves incapable of climbing the career ladder for a range of reasons. This is where our services can impact you and your organization.

I want C&E to remain a company which provides personal services; as our Mission, Vision and Values will tell you - it's all about the People!



I am Victoria, a yoga teacher passionate about making yoga accessible to absolutely everyone regardless of age, fitness level and ability.

I first started my journey as a fitness instructor back in 2007 but always knew my life lacked something.

That something was self acceptance.

Yoga has transformed my life in so many ways and it is my ambition to help other people transform theirs too through this amazing and ancient practise.

**VICTORIA
NOONE**

**YOGA EMBRACE BY
VICTORIA**

Yoga Instructor



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