

How to Optimise Body-Mind Health: Implementing The New Paradigm

Facilitated by Dr John Mauremootoo (Certified Naturopath and Functional Medicine Practitioner)
with support from Julie Mauremootoo (Certified Health Coach and EFT Practitioner)

Workshop Agenda

Programme Objective and Process

This two-day intensive hands-on workshop will help empower participants to take control of their health by building an evidence-based personalised health and anti-aging lifestyle programme to optimise health outcomes, minimise the chances of developing chronic diseases, and enhance the odds of reversing pre-existing conditions. The workshop will provide the tools to enable participants to critically appraise the avalanche of conflicting health messages coming from both mainstream and alternative media.

The workshop is divided into four parts: 1) Our health journeys and health objectives; 2) The Twelve Principles of Optimal Health; 3) The Seven Pillars of a Healthy Lifestyle; 4) Putting it all together.

The programme will consist of a mixture of presentations, individual and group exercises, and questions and answers using a variety of novel facilitation approaches to ensure that we capture the collective intelligence of the group – *nobody knows everything, and everybody knows something*. Simple, healthy plant-based lunches and snacks will be provided; and water, tea, herbal teas and coffee will be available throughout the workshop. *How to Optimise Body-Mind Health – A User's Manual* will be given to all participants soon after the workshop. This manual will be customised to incorporate the results of group exercises so that it is uniquely relevant to the participants.

Resources for Participants

All participants will receive a workshop manual containing information pertaining to each module including details of all exercises and a bibliography of the hundreds of peer reviewed source documents upon which the information is based. The participants will also have access to pdf files of the workshop slides, relevant eBooks and a free subscription to our newsletter – *The New Paradigm Health Bulletin*. In addition, participants will have the opportunity to take part in one-to-one consultations with John and Julie at a discounted rate.

Workshop Programme

Day 1 (Saturday)	
Time	Topic / Activity / Facilitation Approach
09:30 – 10:00	Registration
Part 1 - Introduction: Health Journeys and Health Outcomes	
10:00 – 11:30	<ol style="list-style-type: none"> 1. Workshop objectives, processes and housekeeping 2. John and Julie's health journeys 3. Participants' health journeys and objectives <i>Presentation, questionnaire, participant feedback</i>
Part 2 - The Twelve Principles of Optimal Health	
11:30 – 12:00	<ol style="list-style-type: none"> 1. We need a new health paradigm 2. The body/mind is one 3. We are resilient 4. Evolution sets the stage 5. Genes load the gun, but the environment pulls the trigger 6. The fundamentals of a healthy lifestyle apply to everybody 7. We are all individuals 8. Disease is an adaptive response to stress 9. Health/disease develops gradually and via tipping points 10. We are what we absorb 11. Investigate root causes 12. Rome wasn't built in a day <i>Presentation</i>
Part 3 - The Seven Pillars of a Healthy Lifestyle	
12:00 – 13:30	Pillars 1 and 2: 1) Eat Naturally; 2) Hydrate Properly <i>Group experiential learning – World Café</i>
13:30 – 14:30	Lunch break – wholefood plant-based buffet lunch provided
14:30 – 17:00	Pillars 1 and 2: 1) Eat Naturally; 2) Hydrate Properly (cont.) <i>Group feedback to plenary and facilitated discussion</i>
17:00 - 17:30	Pillar 3: Move frequently <i>Presentation, brainstorming, movement (opportunities to move will be taken throughout the workshop)</i>
17:30 - 18:00	Pillar 4: Sleep Soundly <i>Sleep Quiz</i>
18:00 - 18:15	Day 1 Surprises, Confirmations, Questions/Observations
18:45- 19:00	End of day meditation
End of Day 1	

Day 2 (Sunday)	
Time	Topic
09:00 – 09:15	Recap of Day 1 and introduction to Day 2
Part 3 - The Seven Pillars of a Healthy Lifestyle (continued)	
09:15 – 10:00	Pillar 5: Breathe effectively <i>Introductory presentation and breathing exercises</i>
10:00 – 12:00	Pillar 6: Manage psychosocial health <i>Six human needs questionnaire, Emotional Freedom Technique (EFT) exercises, gratitudes and affirmations that work</i>
12:00 – 13:30	Pillar 7: Create a healthy environment <i>The toxic home and work detective small group exercise</i>
13:30 – 14:15	Lunch break – wholefood plant-based buffet lunch provided
Part 4 - Now What? Putting it all Together	
14:15 – 15:45	Adopting a strategy and tactics to attain and maintain a healthy lifestyle – creating your roadmap to success <i>Facilitated individual exercise – health goals revisited and strategic map making</i>
15:45 – 16:15	Workshop Surprises, Confirmations, Questions/Observations, Gratitudes and Creations
End of Day 2	