

2012 courses

Human MOT

This course is for people to really experience the approach in a personal way. Immerse yourself in knowledge about your own body. Learn how to nurture it for life. For more details contact SaluVida on 07803 706842

Primary Prevention

This is for people who would use the Human MOT with clients or patients in their own work such as youth workers, teachers and occupational health nurses.

Ideal for small companies to bring SaluVida onsite for flexible solutions to suit your needs.

For more details call 07803 706842 or 01381 600477 and ask to talk to trainer Jermaine McCracken



SaluVida

- Workplace stress costs British industry more than £13 billion per year.
- Excess stress can lead to illness and death.
- Stressed workers under perform which leads to more stress!
- Learn how to enhance and enrich your daily living.
- Increase productivity, creativity and reduce sick leave.
- Invest in human knowledge for your staff.
- Increase conscious awareness of behaviour



SaluVida

Human MOT to

- Reduce sickness
- Increase creativity
- Improve productivity



Start your journey to a lifetime of health and wellbeing, today!

SaluVida

SaluVida will save you money!

For every £1 you invest in workplace health promotion you gain a threefold return by

- Reducing sickness absence
- Increasing staff resilience to stress
- Improving sleep quality
- Reducing blood pressure
- Improving energy levels
- Enhancing creativity

SaluVida offers value for money with special offers on courses designed to invest in the health and wellbeing of your staff.

SaluVida director Jermaine McCracken, has over 25 years experience in the Health Promotion field across the UK. She is a trainer and coach based in the Highlands of Scotland and says:

‘Employers invest in training their staff but do not protect that investment by ensuring optimum physical health and mental wellbeing.’

Millions of pounds of investment are wasted due to poor physical and emotional health.’



Human MOT

This course is for any employer who wishes to add value to the training and experience of staff. Just like a car that runs smoothly due to regular fuel top ups, maintenance, servicing and polishing, our bodies require similar care if we are to perform daily to our best. Absenteeism through ill health causes additional stress in the workplace and unproductive workers, or presenteeism, creates ill feeling and dissent.



Through this full day of measuring, discussing and reflecting, participants will gain useful insights to the complex interactions of the human body and be better equipped to take responsibility for their own health and mental wellbeing. Each participant will receive their own Human MOT booklet for future reference. The course takes a holistic approach using four quotients of IQ, EQ, PQ and SQ.

IQ- Intellectual approach measuring how much you know about the human body.

PQ- Physical approach that measures you in a number of ways!

EQ- Emotional approach that shows you how your emotions effect your performance.

SQ- Spiritual reflection on life's journey and the legacy you want to leave.

A day to remember for a long time!

Booking form

Name

Address

Phone

Email

Send to:

**SaluVida 4 Health & Wellbeing Ltd
5 Coastguard Cottages
Cromarty
IV11 8YL**

Or call 07803 706842 to book your own workplace course.

Skype™ saluvidabmw1

Join Jermaine McCracken on LinkedIn.