

The secrets to managing your...

Mental Health and Emotional Wellbeing



Body wisdom, body intelligence:
your key to health, harmony
and happiness...



Would you like to master your...

Emotional Intelligence

'The key to balancing your mind is to lead with your heart' - M McNab

Everyone is born with their own built-in body intelligence system, its role being to keep us happy, healthy and safe. Many people are unaware of this amazing communication system inside their body. Are you aware of how to use your body intelligence to improve your life?

Training your emotional intelligence will help you to:

- Hear, follow and trust your intuition, allowing it to guide you to make decisions that benefit yourself and others
- Understand how your body communicates its needs through emotions and how to avoid dis-ease becoming disease
- Mediate between the head brain, heart mind and gut instinct to allow you to live your life on track and on purpose

Mental Health and Wellbeing

'We are what we think. With our thoughts we make the world' - Buddha

Perceptions, beliefs, habits and patterns of consciousness are developed in early childhood, and can run our lives unconsciously. Good health and happiness is reliant upon self respect, self esteem and positive thinking. Does your mind bring you up or down?

A balanced mind and healthy mental attitude allow us to:

- Engage in mentally and emotionally functional and uplifting relationships at home and at work
- Think clearly, make wise decisions and stay calm, allowing us to perform optimally in all situations
- Grow and develop into better versions of ourselves so that we become wiser as each day passes

Personal Development

'We are what we repeatedly do. Excellence is a habit, not an act' - Aristotle

Humans are born to evolve and progress - the only constant in life is change. Our hearts and minds need to learn constantly, without which our soul would shrivel up and die. Do you know what a difference cultivating your consciousness can make to your life?

Taking the time to evolve yourself will allow you to:

- Discover your purpose and serve the world with your unique talents and skills
- Clear away outdated patterns and behaviours which prevent you being your best self and leading your ideal life
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For more information on how to become the master of your life see
www.artofhealth.co.nz

It's an art and science to stay well.
We can show you how...