

NAVIGATING THE STRESSES OF MODERN LIFE – A COACHING APPROACH

WEDNESDAY 22 MAY 2024 – 12:30 – 14:00

Registration:	12:30
Venue:	Marsham Court Hotel, 3 Russell Cotes Road, Bournemouth BH1 3AB
Parking:	This is at the rear of the hotel (postcode BH1 3AU) and there is no parking charge. On arrival, please inform hotel reception of your car registration number and, when you leave, ask for the exit code to raise the exit barrier. Alternatively, there is parking at Berry Court in St Peter's Road, Central Car Park in Upper Hinton Road or street parking around the hotel.
Cost:	£15 to include a sandwich lunch. Bookings are open to anyone who works in a local law firm
Booking Reference:	602
CPD:	1

Following our recent wellbeing survey, we would like to offer anyone that works within a local law firm the opportunity to attend this talk.

12:30 Registration – tea/coffee and sandwich lunch

13:00 - 14:00 Presentation by Olly Leicester

This session will cover:

- practical stress management ideas
- Ideal sleep hygiene (in a non-ideal world) - practical tips and strategies for improving sleep quality
- food habits for better mental and physical health

Speaker Profile:

This session will be presented by **OLLY LEICESTER**. Olly has been a health coach for 6 years. He worked full time within GP surgeries in the New Forest for 4 years, before going part-time with the NHS. He is passionate about helping people be more proactive with health and preventing or resolving modern illnesses. He now spends 2 days a week working with businesses and private clients, assisting them in achieving their health goals



Please book online at:

<https://www.bournemouthlaw.com/bournemouth-district-law-society-lectures>

Course Notes: For environmental reasons, BDLS will no longer be providing printed course notes at lectures. Lecture notes will be emailed to delegates in advance for either printing or accessing via their laptop or alternative device on the day.

Payment for lectures: Please be aware that payment must be received at the office **before** the lecture takes place. Course bookings will only be confirmed upon payment. All payments are to be paid by BACS. No refunds within 7 days of the course.