



**@ASK Training**  
Attitude | Skills | Knowledge

# Effective Relaxation Techniques

**Course Code:**

ASKERT

**Course Duration:**

1 day (8 hours), 9.00am - 5.00pm

**Course Fee:**

\$480 (\$513.60 Inc. GST) per participant

**Course Venue:**

Hotel

**Course Dates:**

Refer to Training Calendar

<http://asktraining.com.sg/calendar>



## Course Synopsis

Stress in life and in the workplace is growing by the day. Relaxation is an important tool to manage the stress that builds up. However, do you feel that you have lost your ability to relax?

Relaxation nowadays is hindered by your daily life. At work, you have deadlines, timelines and pressures which create stress and tension which needs an outlet.

Despite so, when you are at home, you may need to focus your attention to your spouse, your children and other family matters, leaving no time or space for yourself.

In our 1-day workshop, participants will learn the techniques needed to create space for relaxation. Relaxation helps one to think, act and communicate more clearly. Your personal health will benefit and you will find yourself fitter and more productive in the workplace.

## Course Objectives

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By the end of the workshop, participants will be able to:

- Increase your sense of body awareness
- Heighten your ability to listen to body signals
- Improve your self-image
- Experience a variety of relaxation methods offering different perspectives and possibilities
- Learn exercise which you can immediately put to use in order to relax
- Review relaxation resources available to use

## Course Outline

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- Relaxation in context
- Stretching and breathing Techniques
- The Feldenkrais Method: Awareness through movement
- Progressive Muscle Relaxation
- Guided imagery
- Massage Technique: Shoulders, neck and feet
- Creating space in your life for relaxation