

EVOLUTIONARY BEHAVIOURAL CONSULTING

SALEMA VELIU

www.salemaveliu.org

*INNOVATIVE APPROACHES TO MENTAL AND PHYSICAL AND WELL-BEING
IN THE DIGITAL AGE*

BACKGROUND + THE VISION

- ▶ To create an innovative platform born out of my three passions, science, movement and behaviour.
- ▶ To promote the importance of education, well-being and human connection.
- ▶ To provide an evolving educational consultancy that looks at mental health and physical well-being from a different perspective.
- ▶ Where Holistic approaches meet Scientific.

THE SCIENCE OF CONNECTION + COMMUNICATION

- ▶ My sessions use innovative research, data + futuristic trends as different markers to address and build mental + physical resilience, performance + well-being in the digital age.
- ▶ Providing and using foundational brain concepts along with specific movement based practices + meditations that provide benefits neurologically and biologically for the brain, mind and body and are focused around 5 Core principles to remind and equip people with the right tools for the job.

WHY A NEW APPROACH

- ▶ Why do we behave the way we do?
- ▶ Although we would all like to believe that we are more aware and evolved in how we behave towards ourselves and others in our diverse society. Evidence in forms of empirical research and from history would tend to suggest otherwise.
- ▶ How are we going to change, transition and adapt around the new Social and Economic challenges such as Technology and A.I. ?
- ▶ Might we need more innovative approaches to get us there?
- ▶ Therefore understanding how the brain is responsible for everything we do apart from thinking has become one of our biggest challenges of our time.
- ▶ It has become of biggest areas of enquiry that Neuroscience has been exploring for the last 25 years in the fields of Coaching Leadership and Business and in the process is changing the way we understand interpersonal connection, conflict, and productivity in the workplace. Neuroscience has a lot to say about the nature of leadership, business, and creating a life of meaning and value.

OBJECTIVES AND GOALS

- ▶ To promote Mindful and sustainable Leadership, Performance, Productivity, Adaptability and Well-being.
- ▶ To deliver educational and interactive approaches that engage people.
- ▶ Tools to improve personal and professional well-being using the fields of eastern philosophy and western psychology, neuroscience and coaching.
- ▶ Addressing various mental health disorders by looking at early markers in behaviour that can be used to raise awareness to potential mental health issues arising.

SOLUTIONS + TOOLS

- ▶ Foundational brain concepts.
- ▶ Noticing practices + meditations that can provide benefits neurologically and biologically for the brain, mind and body backed by empirical research.
- ▶ ACT (Action and Commitment Therapy) Value based.
- ▶ RFT (Related Frame Theory) The science of how language interferes with behaviour.

PROGRAMME + SESSIONS OUTLINE

- ▶ Can be used with a wide variety of symptoms such as; Depression, Anxiety, Stress Management, Self- Esteem issues.
- ▶ All sessions are woven around 5 Pillars which are the following:
- ▶ **MINDFULNESS** - practices to cultivate awareness and acceptance of self and others.
- ▶ **CONNECTIVITY** - looking at the science of how language interferes with behaviour, though giving + sharing stories, discussions + group exercises.
- ▶ **COMMUNITY** - supporting others + refining our listening skills via Coaching + Therapy applications including ACT + RFT methodologies.
- ▶ **MOVEMENT** - breathing practices and specific meditations to boost circulation + balance brain function.
- ▶ **EDUCATE** - invitation to self enquiry via reflective practical practices such as meditation, philosophy + science relative to motivation, teamwork and finding that work/life balance.

SINGLE SESSIONS OUTLINE

- ▶ ONE 2 ONE and Group SESSIONS in house are offered on a retainer basis for a specific number of sessions each month and include:
- ▶ In- depth questions about lifestyle habits including diet and sleep.
- ▶ Foundational brain concepts where necessary to educate + address behaviour balance and change.
- ▶ Develop lifestyle protocols that include specific movement based practices + meditations that provide benefits neurologically and biologically for the brain, mind and body.
- ▶ Provides alternative pathways in dealing with a diverse society as well as Change, transition and adaptability around Social and Economic drivers such as A.I.

GROUP SESSIONS

- ▶ Presented in Workshop style format and interactive lectures employees will be able to:
- ▶ Deal skillfully with negative thinking and unwanted emotions.
- ▶ Stay centred in pressure situations.
- ▶ Enhance focus and commitment to achieving valued goals.
- ▶ Learn more about their Brain.
- ▶ Learn tools and strategies to build and maintain a resilient, healthy workplace.

DESIRED OUTCOMES

- ▶ Combining holistic and scientific approaches as alternative pathways in dealing and aligning with a diverse society as well as Change, transition and adaptability around Social and Economic drivers such as Technology and A.I.
- ▶ Cultivating meaningful, mindful and sustainable connections and relationships with others.
- ▶ Increasing mental and physical health in the arenas of Leadership, Performance, Creativity, Productivity.

INFO AND CONTACT

- ▶ To discuss your requirements via a Skype consultation or in person please contact me at: email: salemayoga@icloud.com + mob: 07711187625