



Eat

Dieting fads, notions of calorie-counting and restrictive, short-term concepts have disconnected us from what food really is - a strong relationship to the self and a key element of overall well-being. Instead, changing the beliefs and behaviours of eating create opportunities to use the relationship with food to feel good in a continual and sustainable way.



Sweat

When feeling under pressure or stressed, taking the effort to get out of your head and into your body gives a boost to your well-being. It's not only about having a walk or going to the gym, it's about self-compassion and making yourself and how you feel the priority.



Think

Nutrition and exercise are seen as keys to well-being, but the prime state of how you feel comes from thinking and awareness. Mindfulness of how you are feeling and what you are thinking is so simple yet so powerful. Noticing the impact that people, places and things have on you leads to the knowledge of how you might be able to transform these aspects through emotional thinking.



Connect

Connection is at the centre of all Four Elements. As well as connecting to the self, there is a shared desire to connect with the people around us, such as our 'teams' both at home and at work. The impact is that it creates a positive and safe environment that benefits both your work life and your home life as you build trusting relationships.