

## Alcohol consumption

### Overview

Who says what's right for you?

How aware are you of how much you *actually* drink each week? Is it more than you want it to be? Does it take the edge off your performance? Or do you just think it's time to change?

This session will challenge the way you think about drink. It's not about what someone else thinks you *ought* to drink – it's about your own attitude to it.

**Take away** a completely fresh way of thinking about drinking. Get some insights into 'how come' you drink what you do. Find out what you can easily do to drink less.

### Learning objectives

During the session you will have the opportunity to take a fresh look at:

- Your drinking habits – casual/social drinking, habitual drinking, binge drinking
- 'How come I do this'?
- How we think about habits
- 'How could I change my drinking'?

### Who should attend?

Anyone curious to know how much is right for them and whether less might be better.

### Format

A bite-sized session for up to 15 people.

### The expert trainer

**Richard** is a scientist by background – he worked originally in oil and coal exploration, and on research into the indoor environment, for which his work was recognised internationally – and this explains his clear thinking and emphasis on evidence-based pragmatic solutions to individuals' issues now that specialises in the science of happiness and fulfillment.

In 2012 he gained his PhD in esoteric studies with his dissertation on a new understanding and model of happiness – the Physics of Happiness. This model gives a powerful and ecological foundation for his approach to helping people change their behaviour, achieve their goals, and heal the symptoms of disease.

He is a stimulating and thought-provoking speaker, hypnotherapist, NLP coach and trainer. As well as working with individual clients, he has many years' experience of running workshops for client organisations (particularly the NHS).

Richard is a Master and Accredited Trainer in NLP, a Master and Accredited Trainer in Time Line Therapy, past supervisor for the London College of Clinical Hypnosis, a qualified Life Coach and founding chairman of the Harpenden Professional Development group for mind-therapy practitioners and students. He is also an Annual Visiting Lecturer on 'Mind and Environment' on the MSc course on Intelligent Buildings at Reading University.