

Presentation to

**AILG**

“Wellbeing for Councillors”



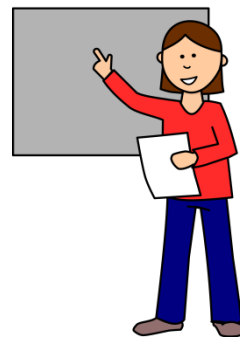
**Breda Gardner**  
**Autumn 2017**

# Purpose / Process / Pay-off

**PURPOSE:** How councillors can look after themselves better and enjoy stronger health and wellbeing

**PROCESS:** Talk about the importance of balanced energy, overcoming cracks in circle of health, and advice for healthy living

**PAY-OFF:** Take away a range of solutions to help you live more happily and work more effectively



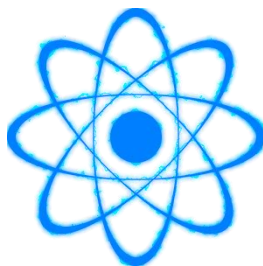
# The Great Invisible Powers!



Love



Faith



Energy

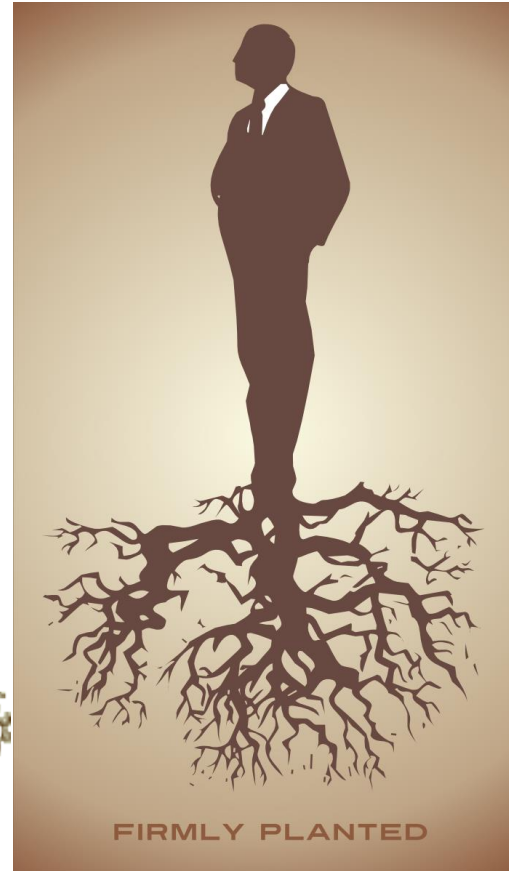


Wind



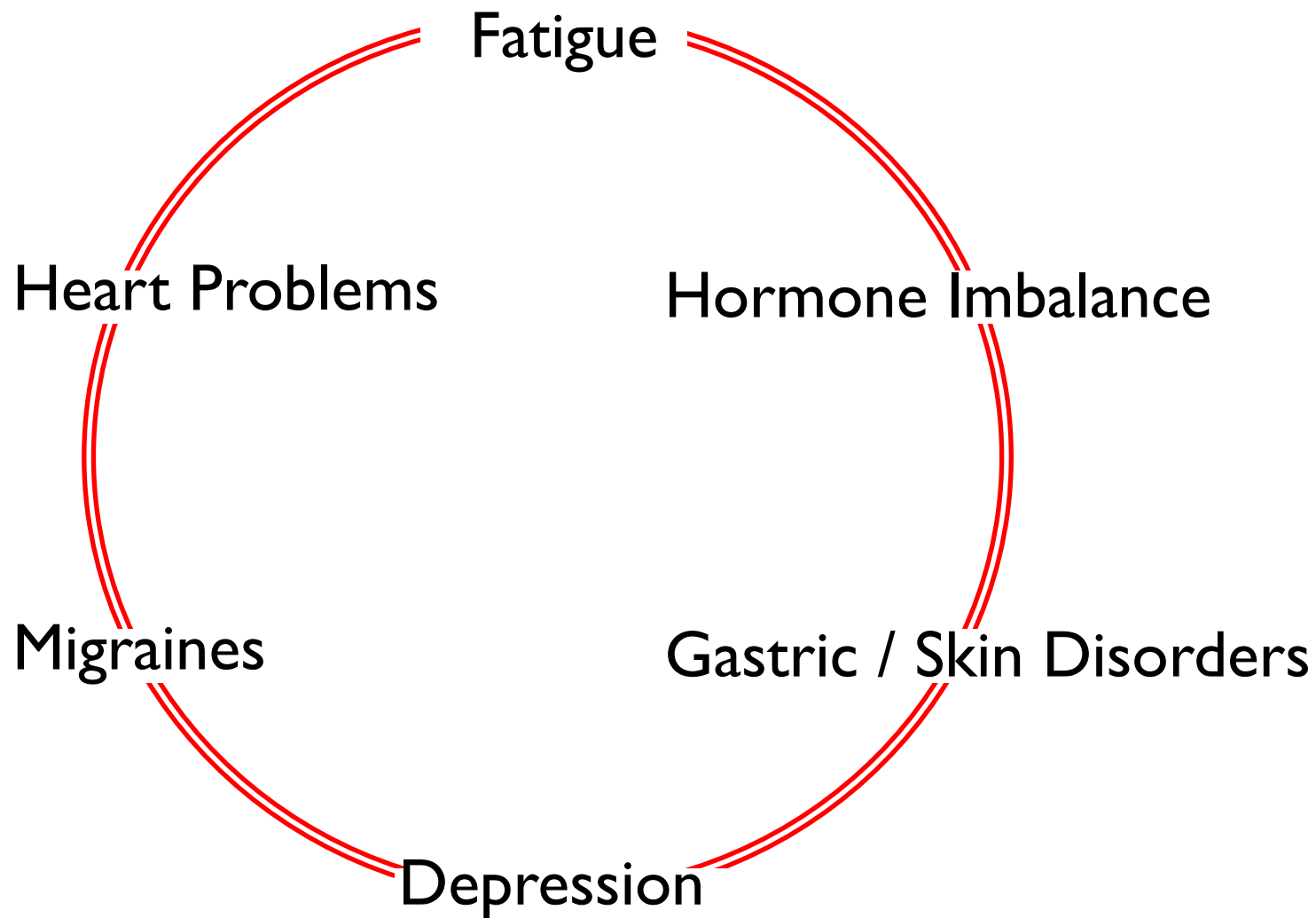
The Spoken Word

# What is Energy?

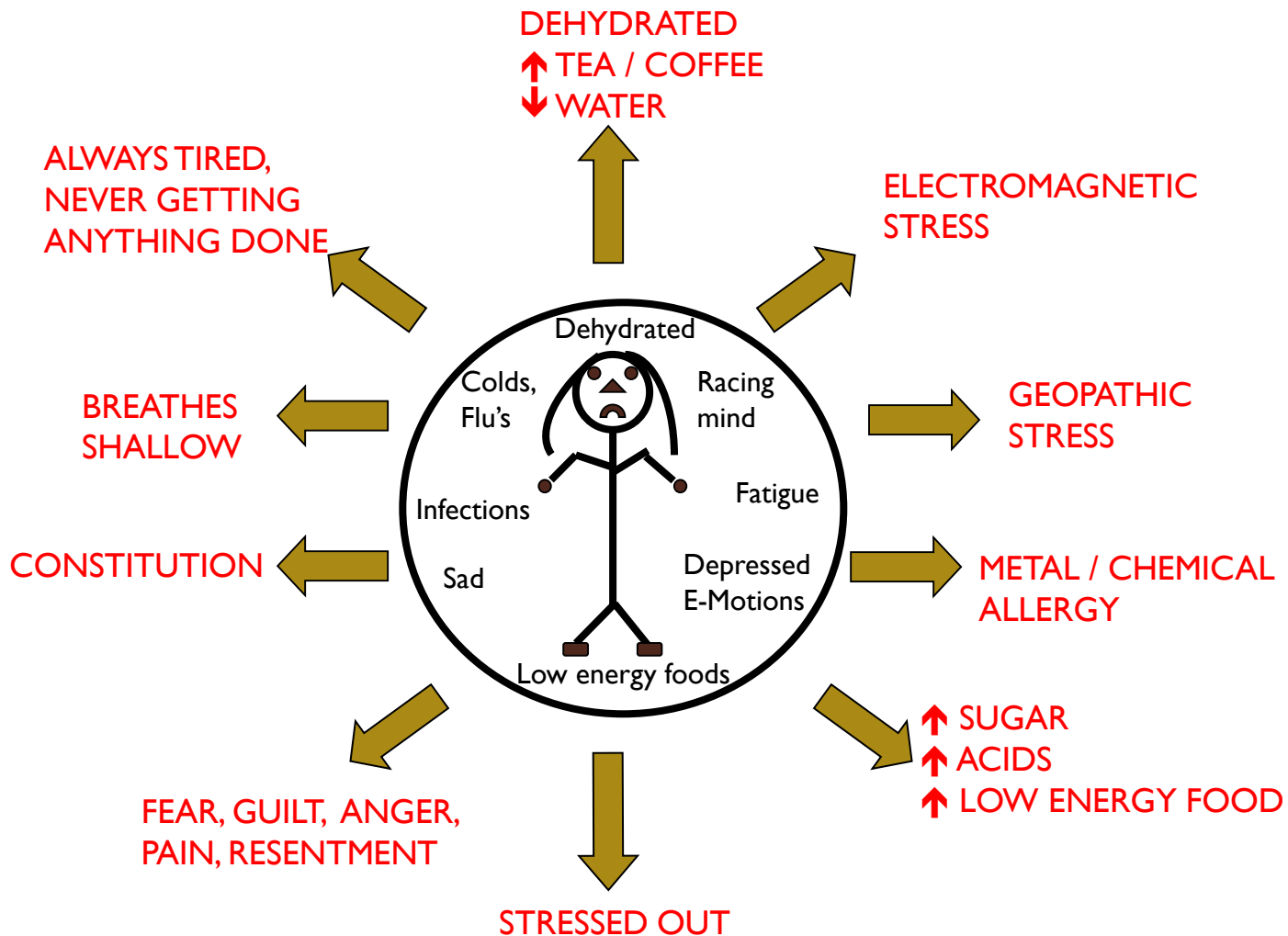


An infinite flow of vitality from the top to the roots

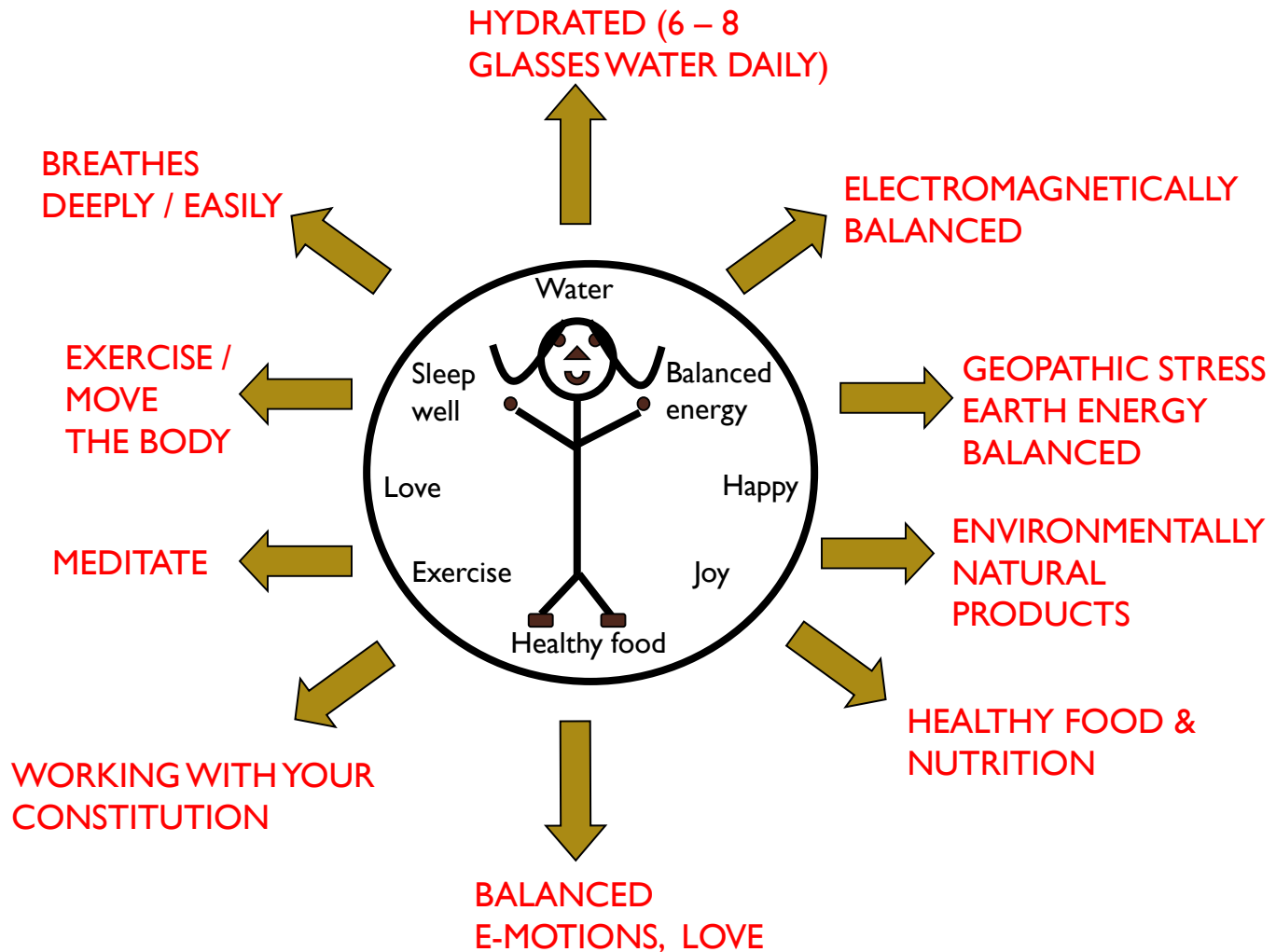
# How Energy Relates to Cracks in the Circle of Health



# Bad Energy = Unhealthy Body



# Good Energy = Healthy Body



# Positive Advice



Plants (home & office)



Emotional intelligence



Watch Electromagnetic Stress



Stay hydrated



Nature

Practice  
Mindfulness



Mindfulness



Crystals



Breathe



Exercise



Meditate



Positive Affirmations



Smile!



# Thank you!

Cllr Breda Gardner, Kilkenny County Council

Complementary Health Practitioner

E: [bredakkcc@gmail.com](mailto:bredakkcc@gmail.com)

W: [www.bredagardner](http://www.bredagardner)

M: 087 2025753

