企業/機構健康講座

對抗失眠
駕馭睡眠

忙碌的生活，最經常犧牲的就是睡眠。然而，睡眠不佳所付出高昂的代價，你可能所知甚少。
講座結合睡眠科學、催眠腦學、夢境治療等各項最新研究及知識，以生動有趣的方式，助你了解如何駕馭睡眠，擁抱健康!

講座概要

- 怎樣才算睡得好?睡得夠?
- 如何快速入睡;
- 為何發夢?夢境的作用是什麼?
- 惡夢、好夢給你的訊息是什麼?
- 專注力提升、情緒及壓力平衡;
- 安眠藥 --- 是天使還是魔鬼?
- 改善睡眠的冥想體驗。

講者:
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催眠治療師、勵志演講者、勵志書作家、呼吸法推廣工作者

講座語言選擇:
廣東話、國語、英語

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Workshop for Organization

SAY NO TO INSOMNIA
EFFORTLESS SLEEP METHODS

Living in a city, people would easily choose to sacrifice sleep for different kinds of activities. However, without sleep, people can't have wellness and/or excellent performance in the workplace; it simply not possible.
The workshop would deliver some actionable and exciting knowledge for you to have a better sleep.

WHAT AUDIENCE WOULD LEARN

- How much sleep do you need?
- How to sleep quickly and soundly?
- Why we dream?
- What messages are delivered by dreams?
- How to improve focus and balance emotions?
- Sleeping Pills --- Angel or Devil?
- Meditation for better sleep.

Speaker:
Jessica, Sin Man Ao

Hypnotherapist /Author/
Motivational Speaker/Buteyko
Method Practitioner

Language Options:
Cantonese/Mandarin/English

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