

Inner Strength - Outer Strength

FOUNDATIONS

Community

There is a saying that the best piece of training equipment is another human being. A critical factor for a successful wellness programme is having strong people around you who can encourage and motivate you, provide advice, hold you accountable to your goals, and help you celebrate your successes. Generally, people are healthier, happier and more active when they have people close to them who are supportive.

How to build a positive community:

- Surround yourself with people who inspire you.
- Find a friend or a loved one to join you in your strengths goals.
- Have an accountability partner who knows what you are trying to achieve and who can push you along the way.
- Find a community of people to practice with.

Interesting reading:

- *Connected: The Surprising Power of Our Social Networks and How They Shape Our Lives* by James H. Fowler and Nicholas Christakis
- *Tribe: On Homecoming and Belonging* by Sebastian Junger
- *Spiritual Evolution* by George Vaillant

<https://www.mandarinoriental.com/en/spa/inner-strength-outer-strength#isos>



Vitality

Concepts and exercises around nutrition, fitness, and other wellness practices designed to keep us physically robust and resilient to illness.



Mindfulness

An introduction to meditation and mindfulness practices to help us develop skills for controlling our attention and managing anxiety



Authenticity

Positive psychology practices to help us better understand our own strengths and how to employ them in pursuit of our most important values and goals.