

## How do I apply?

All enquiries will be dealt with in strict confidence.  
Contact Felix Fund on 07713 752901 or email  
[enquiries@felixfund.org.uk](mailto:enquiries@felixfund.org.uk).

## Contact Us

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### Felix Fund

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# Dashboard Courses

Residential training courses focusing on  
mindfulness and awareness



*“My life has honestly changed. I have no built-up anger and can communicate with my wife without arguments. I am far more considerate of others. It has made such a difference.”*

## **Why Dashboard?**

We know what to do when a light comes on the dashboard of our car, but we are not taught to recognise the warning signs in ourselves.

The Dashboard courses will give you the skills and understanding to get the most out of your ‘vehicle’ in life.

## **Who is it for?**

Serving military who have conducted or assisted with Explosive Ordnance Disposal (EOD) duties. Any rank and any trade within this capability.

## **Why should I attend?**

Anyone can be overwhelmed by the buildup of life stresses without realising it is happening.

The aim of the Dashboard course is to provide tools and techniques which will enable individuals to recognise warning signs and to be able to develop their ability to relax, clear their minds and focus on positive aspects of their life. This will feed back into a more productive and positive work and home environment.

## **Where are the courses held?**

In a small chain of country hotels across England. These locations provide a comfortable and relaxed atmosphere away from work and home influences.

## **What does the course cover?**

- Looking at what causes the most pressure and how these issues can be addressed.
- Reviewing current ways people deal with the pressures.
- Yoga – this covers breath control, simple meditation, and the adoption of specific bodily postures, for health and relaxation.
- Breathing – its ability to help our body work better and the powerful link between mind and body.
- Meditation – forget the pre-conceptions, this is training the mind to focus better and promote relaxation.
- Counting our thoughts – looking at our ability to distance ourselves from our minds, in particular negative thoughts.
- Discussing - positive and negative attitudes to work and personal relationships.
- Communication – how to improve this at work and home.

## **What do I take away?**

- Tools and techniques to help you recognise the warning signs of stress.
- The ability to deal with issues in the most appropriate way.
- Follow up contact with the trainers at regular intervals.
- A clearer focus and ability to deal with work and family.
- Pointers on how to improve the quality of your life.

*“After the course I realise I am approaching certain situations differently. I have more appreciation for what and who is in my life.”*