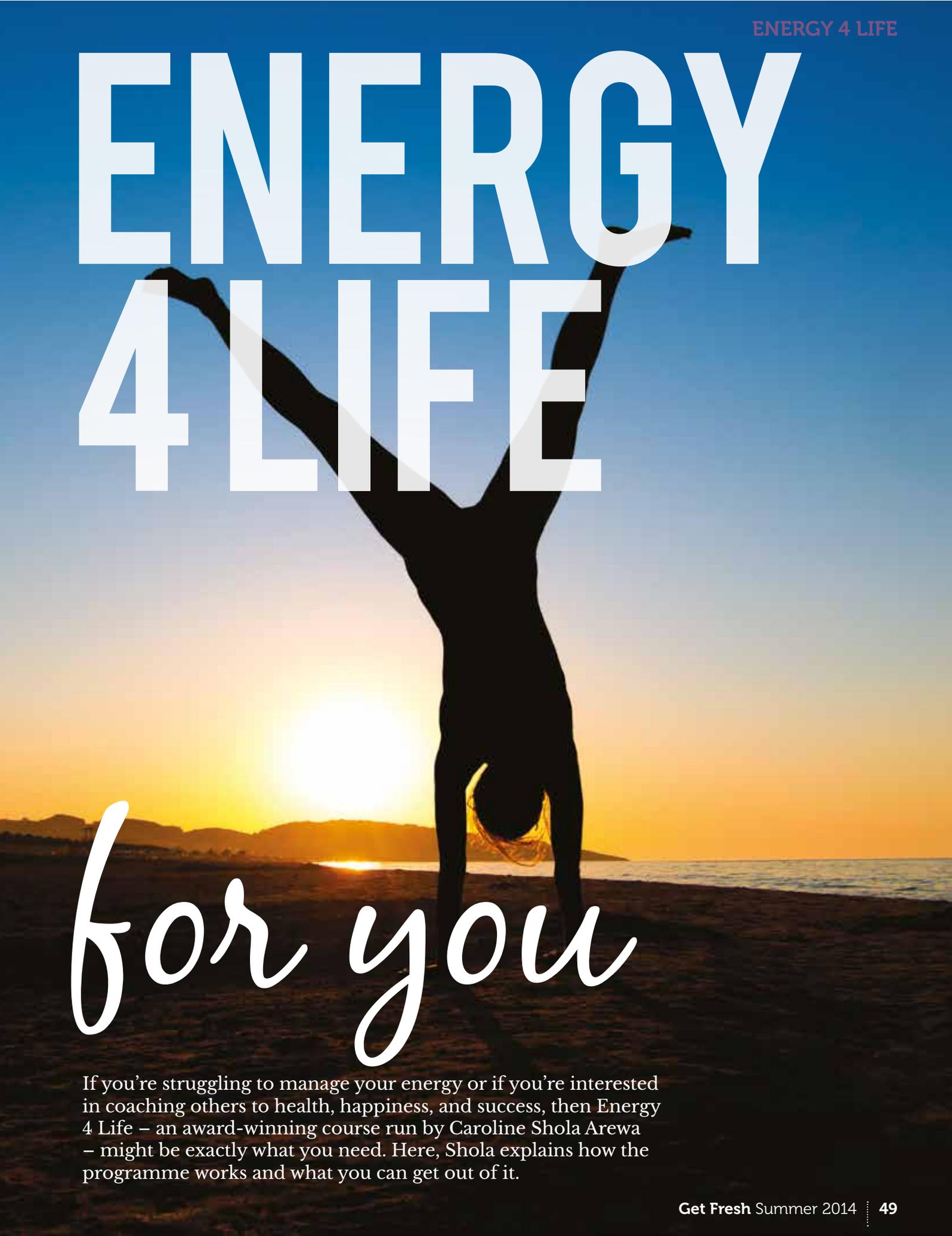


ENERGY 4 LIFE



for you

If you're struggling to manage your energy or if you're interested in coaching others to health, happiness, and success, then Energy 4 Life – an award-winning course run by Caroline Shola Arewa – might be exactly what you need. Here, Shola explains how the programme works and what you can get out of it.

“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.”

Thomas Edison

Tell us a bit about Energy 4 Life and the principles of the training.

Energy 4 Life (E4L) is all about health and conscious living. It aims to raise energy, restore vitality, and create optimum well-being. The training promises to “help you change your life and help other people change theirs,” and that is exactly what it does. It helps people get their energy back and their life on track. We offer powerful tools that create health, happiness, and success.

There are 10 main principles in E4L, the top three are:

- 1. Free-flowing energy is essential for optimum health and well-being.

- 2. E4L uses a holistic and systemic approach to health and energy mastery.
- 3. E4L advocates energy education for all the family. Prevention is better than cure. We utilise restorative practices and simple techniques to enhance health and eliminate stress and illness at the core.

Why did you create Energy 4 Life?

Working as a psychologist, therapist and yoga teacher over three decades, I heard similar complaints from all my clients. People came to see me when they were seeking major life changes. People suffering from exhaustion, burnout, stress-related illnesses, cancer, depression or

problems that require a complete change of direction, like divorce, redundancy, empty nest syndrome. I started to see a pattern: no matter what the presenting problem was, underneath it was always an energy issue. Almost everyone that came to see me was lacking in energy, feeling drained and looking for answers. I was able to identify four common ways that energy becomes depleted. It was from my research and work with clients that Energy 4 Life was developed. I literally took the most potent, quick-acting, effective, easy-to-use techniques for energy management and created E4L to address the underlying energy crisis my clients presented.

Who is Energy 4 Life Wellness Coach Training aimed at?

The people that train as E4L coaches fall into two camps. Those who do the training for personal development and those who want to build a client practice and help others.

What personal goals are typical of those attending the course?

The personal goals are often health-related, sometimes career goals, usually both. People come to E4L to enhance their health, develop spiritually, do work they love, and make a real difference.

I’m not a coach, therapist or medical professional, is this type of training still suitable for me?

Although many of our coaches



already work with clients and want to add coaching and energy-based interventions to their skills, it is not necessary as the course is designed to be equally effective if you are new to this kind of work.

How does this type of wellness coach training differ from other programmes?

Wellness coaching is fairly new; it's a specialised extension of life coaching that is popular in the USA and growing in the UK. E4L is one of the first UK trainings, so we are leading the way over here. We differ from other coach training in several ways. E4L is over 12 days, so you can make a difference in your life and for others fairly quickly. People come to us because, unlike other trainings, we are truly holistic and address body, mind, and spiritual health. Raw food is a big part of E4L, especially for clients wanting to restore health.

People like the fact that the training is intensive and very extensive. It delivers practical experiential teachings drawn from ancient as well as modern methods of restoring physical health, emotional stability, and spiritual well-being. It is also grounded in cutting-edge science, from psychology, neurobiology, and epigenetics. Up until recently the relevant science was unavailable, so it is very exciting to incorporate science into the training. People already working with clients get a huge confidence boost, because of the changes made in their own lives. E4L has been called "The missing link" by a medical consultant that trained with us.

It is also my life's work, so as well as a depth of knowledge and experience, I also bring a kind of infectious passion to the training. We have a great time as we learn, and lasting friendships are made. It's very transformative.

What are some of the common client problems that the training will help coaches to address?

E4L coaches work with people who want to raise energy and improve their overall health physically, emotionally, and spiritually. We also support people



suffering with obesity, diabetes, cancer, HBP, ME, depression, and immune disorders.

There has been a major increase in lifestyle-related illness over the last two decades. Research shows heart disease, cancer, and immune disorders are leading causes of death, with cancer deaths increasing globally more than a third since 1990. Many problems respond well to lifestyle change. This is where E4L really excels; introducing the four modalities used in E4L can make a big difference.

What does the course cover?

It covers theory and practice of the four main modalities: energy exercise, energy food, energy psychology, and energy balance, plus coaching skills and the science that underpins our work.

What should I expect to have achieved by the end of the course?

During the course you will make important life shifts, ones you have wanted to make for a long time. You will experience the transformative E4L method. Once qualified as an E4L Wellness Coach, recognised by professional organisations such as the Complementary Medical Association and the Association for Coaching, you can get insurance to practise, and then coach individual clients using the E4L method and run energy exercise classes.

What's the next step in terms of training and developing as a wellness coach?

After the training, we offer ongoing support. We have a mentoring and support group, and offer training to lead groups. With stress, exhaustion, and lifestyle illness on the rise, we continue to grow.

Courses take place throughout the year in London, York and Glastonbury.

Interested in finding out more about Energy 4 Life or signing up for the Training? Visit www.energy-4life.com

Caroline Shola Arewa is an award-winning and pioneering wellness coach, trainer, and author whose work has transformed lives worldwide for 30 years. A specialist in energy and lifestyle medicine, Shola has developed a highly effective way of supporting people to manage energy and create major lifestyle changes, leading to greater health, happiness, and success. Shola can be contacted on +44 (0) 208 671 2624.
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