



**Wine and Wellbeing: what wine tasting can teach us
about how to develop sensory awareness for better mental wellbeing**

About the session

We often take our senses for granted and yet greater sensory awareness enables us to focus on the present, reduce anxiety and improve our emotional reactions to things that occur around us. Sensory awareness is also a fundamental part of wine tasting. In this fun and entertaining CPD session, through using sensory awareness techniques to taste 5 different wines from Spain and Portugal, we will learn what sensory awareness is and how it can be used to improve our mental wellbeing.

Learning outcomes

By the end of the session, participants will be able to:

- identify the key elements of sensory awareness.
- recognise the link between sensory awareness and mental wellbeing.
- implement a strategy to engage in more sensory awareness and so improve mental wellbeing.

Length of session & participant numbers

2 hours of tasting and learning. Due to the nature of the event, the number of participants is initially limited to 30. A separate arrangement can be made for groups that will exceed 30 participants.

About the trainer

Jeff Heasman is a well-known and highly experienced international trainer who specialises in law, cognitive skills and communication within the insurance and financial services industry. In addition, Jeff has a passion for Spanish wines and through his wine businesses based in Spain and Portugal he offers cultural and wine tasting events and vineyard tours, with a particular focus on the culture, food and wines of Galicia in northwest Spain and Vinho Verde in northern Portugal. Jeff has a bachelors and masters degree in law, he holds a postgraduate English language teaching qualification, has obtained a certificate in wines from the prestigious Wine & Spirit Education Trust (WSET) and is a member of the Society of Wine Educators. Jeff's knowledge of the insurance and financial services industry combined with a passion for both effective communication, strong cognitive skills and wine, makes this a fun and entertaining CPD event with a difference.