



DIAMOND WAY - Teaching & Life Skills

with Stuart Bold



Bringing brilliance, clarity and colour to life, work, health & well-being

The type of work I do is **evidence-based** and has been proven, by medical and scientific research, to significantly help improve and enhance health & well-being (physical and mental), cognitive function and personal fulfillment and happiness. Just some of the benefits include:

Stress & anxiety reduction & management
Anti-ageing & longevity
Stronger immune system
Greater energy
Greater fulfillment, self-esteem & happiness
Cancer management
Enhanced memory, concentration, focus and learning ability

Weight management
Lower blood pressure
Improved sleep
Pain management
Sexual rejuvenation
Pro-active healthcare

I currently work with some of the UK's top universities, developing and teaching programmes for cardiac health; diabetes; weight management; post traumatic stress (Armed Forces), occupational health & executive development and also enhanced sports performance for world class sports people. I have been teaching private clients, businesses and groups, internationally, for many years - including working with Prince Charles' integrated health charity, the world renowned Addenbrooks Hospital and also managing some health events at Highgrove House (the Prince's private estate) and Kensington Palace.

My programmes and teaching comprise a unique and effective combination of practical meditation (non-religious), mindfulness, cognitive behavioural practises, psychoneuroimmunology ('biology of intent') and bio-energy. My work is entirely based on 'down to earth', easily learnt, practical and effective knowledge and skills to help you improve your health, well-being, cognitive function, physical and mental performance and indeed your life and the levels of happiness and fulfillment within it.

I endeavour to help you bring brilliance, clarity and colour to your life, work, health & well-being