

The Impact of COVID-19 on Recovery and Rehabilitation

As COVID-19 attacks the body and mind — our rehabilitation efforts aim to restore the whole person, helping you return to your previous quality of life.

Common impairments of COVID-19 include weakness, fatigue and shortness of breath with activity, and difficulty with walking and performing daily tasks. When you experience these physical impairments, it can lead to stress, which negatively effects the mind. Fear and depression can both impact the health of the body

Early intervention through exercise and activity aimed at treating the whole person will play an important role in the recovery process and can be started at home during self-isolation.

The Solution: Start Moving

Movement heals the body and is a way to restore the mind and soothe emotions. By engaging in movements that the human body is already used to, we can begin the process of recovery and healing with exercises and movements.

There are five layers of human movement that repair and optimize the whole person's health in body and mind.



The Five Layers of Human Movement Are:



Breathe Deep

Breathe deeply, filling the lungs up from the bottom to the top



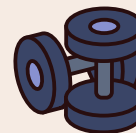
Turn On Vestibular System

The vestibular system controls balance and sensory input from the body and is turned on by moving our head and eyes



Cross Your Body

Engage in crossbody patterns such as crawling, marching or walking



Build Strength

Increase muscle strength



Gain Endurance

Increase tolerance for physical activity and movement

For more information: Download: **Bouncing back from Covid 19**



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Resilient Leadership Program

The Resilient Leader is a powerful one day program that brings together the latest developments in Neuroscience, Emotional Intelligence and Resilience to help leaders enhance their well-being, feel less stressed and facilitate resilience and well-being in their teams. Self-management is an emotionally intelligent leadership competency and is about managing one's own mood and emotions, time and behaviour, and continuously improving oneself. Leaders high in self-management pay careful attention to the way they manage time and how they behave. They are often described as 'resilient' rather than 'temperamental', and they use their self-management skills to create positive workplace cultures.

Outcome

During this program participants will improve their understanding of resiliency, explore and practise tools and techniques for developing their resiliency in the workplace, and action-plan ways to enhance their personal wellbeing and the wellbeing of their team.

Specifically, participants will:

- explore the neuroscience of emotions and emotional intelligence,
- review their emotional intelligence assessment results and how to boost them, and
- practise tools and techniques to build their own and others' resilience.

Know More: [RadicalEdge](#) | [Resilientleader \(wixsite.com\)](#)



RadicalEdge Learning Consultants Programs

Calming Space

A calming space is an area where you can go to relax, refocus and recenter.

The Calming space is a supportive therapeutic environment that assists in your self-calming efforts by offering you an environment of relaxation.

It is a designated virtual space designed to calm the senses where you can experience calming visual, auditory, and tactile stimuli.

How it supports you?

This sensory supportive environment will provide tools to help you understand your behavior and refocus. Some of the tools may be:



Breathing activities



Guided Imagery



Relaxing Music



Mindfulness



Brain breaks



Music Therapy

Exclusive Programs offered to overcome covid-19

- Your Oxygen Mask
- Mindfulness at Work
- Emotional First Aid
- Resilient Leader

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We are...



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