

Investing in Health **Maximise Performance**

JOIN THE PROGRAMME

Six Week Wellness Programme

Duration of each session
30-45
Minutes

Timeframe
6 Weeks
(or 6 sessions over agreed time period)

2 Hour Health Workshop on topics of choosing

Duration: 2 Hours

1 Hour Health Workshop on topics of choosing

Duration: 1 Hour

Individual Coaching Sessions

Duration: 45 minutes

Timeframe: Ongoing (suggested minimum 4x sessions)

Leadership Team Coaching Programme

Duration: 45 minutes

Timeframe: 4 weeks (or 4 sessions over agreed time period)

Keynote Presentations

- Thriving in the workplace
- Tackling burnout and managing stress
- The 8 levers of mental wellbeing
- Creating sustainable healthy habits
- Getting better sleep and more exercise
- How to eat well
- How to find contentment in life

Duration: 30-45 minutes

Contact Now