

WELLBEING WORKSHOP

WELLBEING FUEL YOUR TANK

- » *Feel better*
- » *Do better*
- » *Be better*



WELLBEING IS HOLISTIC, CONNECTING FEELING, DOING AND BEING

This 2-hour workshop is a critical enabler for you to understand what it takes to not just manage your wellbeing but to be the very best version of yourself. We take a unique look at what this means for teams to optimise energy and performance and create new sustainable habits.

This workshop is designed to ensure teams sustain themselves for the long run and find ways to build their wellbeing more effectively. It will bring your teams together to enhance your performance by maximising opportunities for growth of individuals and collectively, the team.

IN THIS WORKSHOP YOU WILL:

- Understand the neuroscience of wellbeing and the tools required to optimise and fuel your brain for high performance;
- Learn what it takes to build your speed and strength of resilience;
- Explore how to manage your vitality and energy differently;
- Commit to setting balance and boundaries that enable your success;
- Develop your team wellbeing strategies.

Virtual or Face-to-face delivery
No minimum or maximum number of participants

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L E A D E R S H I P