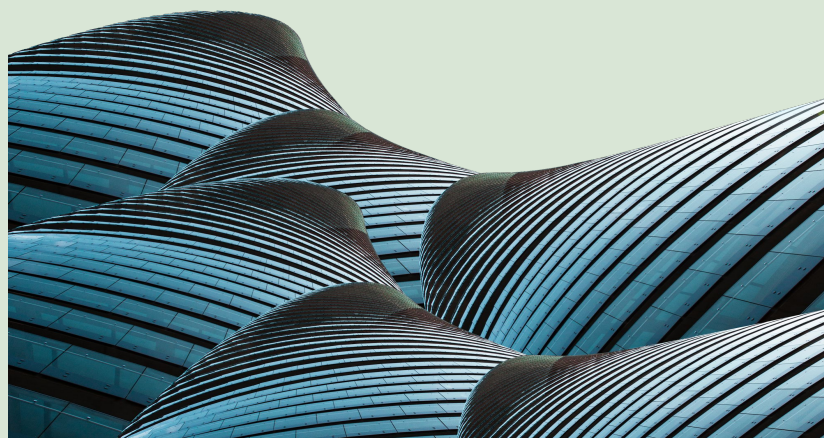


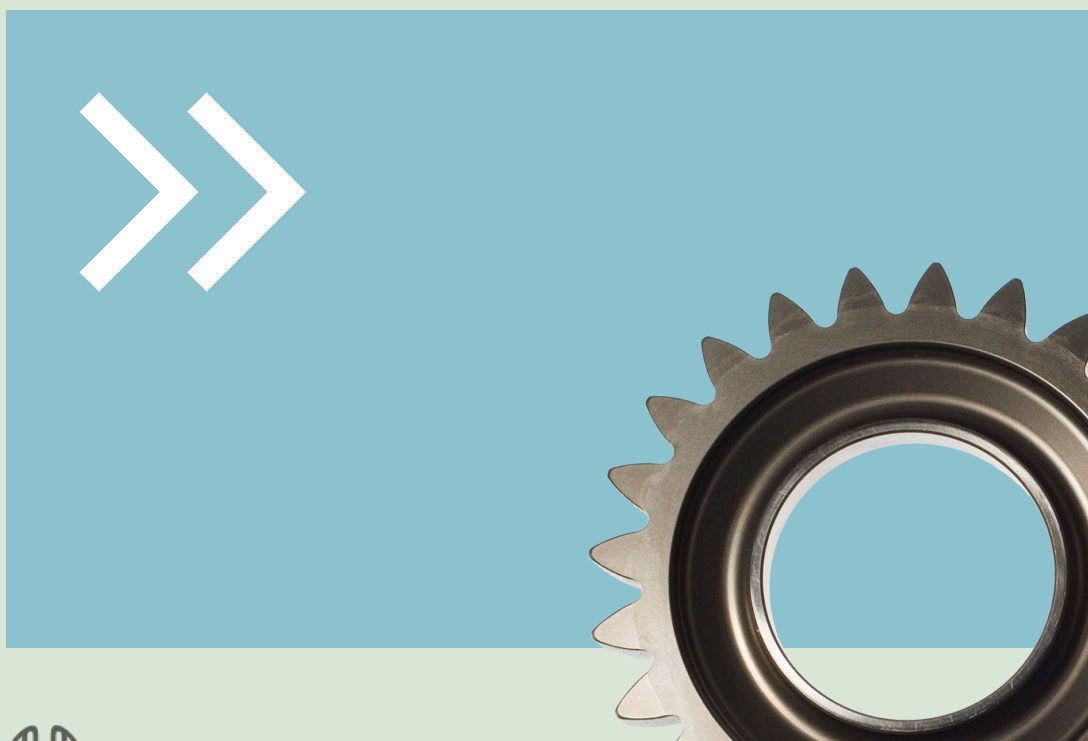
HEDROC TRAINING WORKSHOPS

Workshop Title	Managing energy to sustain peak performance and mental wellbeing in work
Workshop code	HD0026
Format	Online - Interactive Webinar
Trainers	Hedroc Consultants (Clinical Psychologist/ Performance Coach)
Duration	50 mins
Target audience	All employees
No of attendees	Unltd



Aims:

- Introduce a framework around physical, emotional, mental and spiritual energy, and how it impacts performance and mental wellbeing
- Develop awareness around the behavioural patterns that support and hinder energy
- Understand the positive and negative behaviours that credit and debit your energy bank
- Understand how to sustain performance through respecting a healthy body and mind
- Learn how to invest in social connections to maintain positive energy
- Understand how to develop energy habits that will have a positive impact on performance and mental wellbeing



For further information and bookings,
please contact:

info@hedroc.co.uk

For all services relating to managing
employee mental wellbeing, visit:

www.hedroc.co.uk

