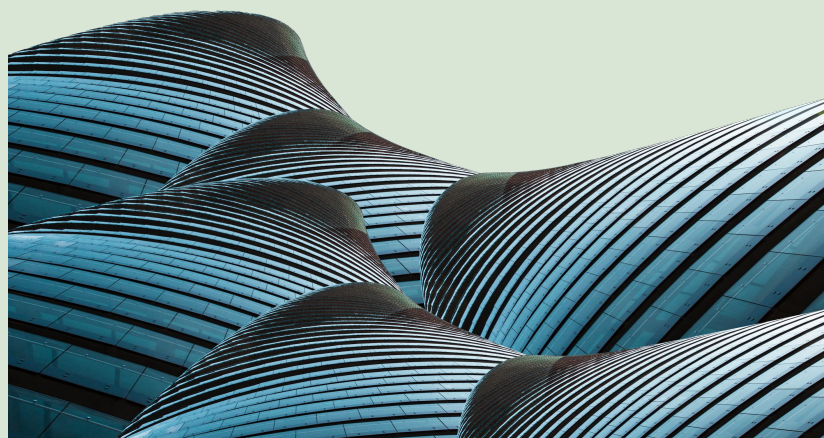


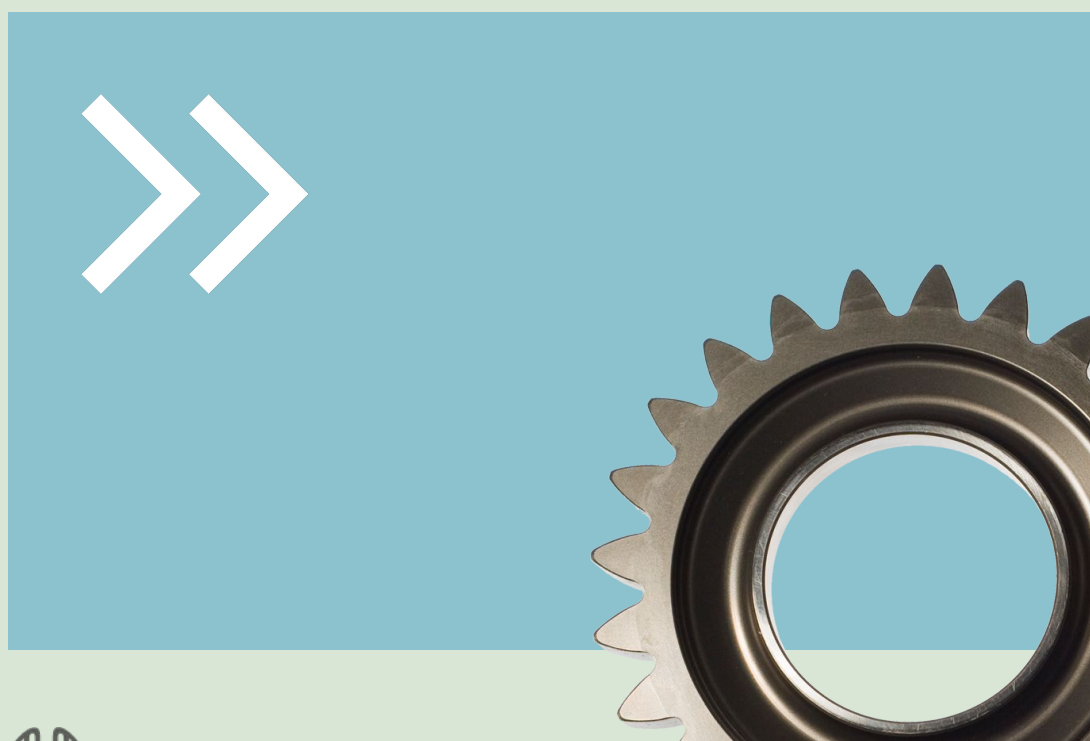
HEDROC TRAINING WORKSHOPS

| | |
|-----------------|---|
| Workshop Title | Managing Sleep to Optimise Mental and Emotional Agility |
| Workshop code | HD0027 |
| Format | Online - Interactive Webinar |
| Trainers | Hedroc Consultants (Clinical Psychologist/ Consultant Trainer) |
| Duration | 50 mins |
| Target audience | All employees |
| No of attendees | Unltd |



Learning Outcomes

- Understand how sleep supports us in regulating our emotions and improving cognitive function so that we can perform at higher levels and with greater agility
- Learn how to calculate how much sleep you personally need for peak performance
- Learn the three key sleep 'anchors' needed to improve sleep quality and quantity
- Understand unhelpful behaviours to avoid
- Discover supplements to enhance sleep recovery
- Review bedtime routines to optimise healthy sleep



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

