

All our workshops are interactive, fun and tailored to each audience to ensure that everyone who attends leaves with a clear and motivating wellbeing action plan.

You can choose a package of workshops to suit the challenges of your employees.

These workshops can be as short as 30-minutes and delivered at your workplace or via webinar.

Workshop topics:

- Be your best self: transformation, not resolution
- How to get a great night's sleep
- Maximise your energy levels
- Healthy cooking demonstrations
- Men's Health - the facts
- Survive and thrive
- Design your ideal exercise plan
- Managing pressure and building resilience
- Healthy eating for energy
- Financial wellbeing
- Mindfulness and how to make it work for you

Call 020 8995 1302 or email info@the-tonic.com today to book a workshop for your colleagues