

Wellness workshops for leaders & managers

Our flagship workshop shows participants how to identify individual priorities for exceptional results with their wellbeing, energy management and personal performance, all day, every day.

Benefits for participants

This workshop provides incisive wellbeing information for all participants with a combination of both evidence based solutions and tried and tested approaches drawn from our 20 years of experience designing and delivering wellbeing programmes for thousands of individuals working within hundreds of organisations across a range of industry sectors.

Benefits for the organisation

Following each workshop we prepare an anonymised overview report detailing where the challenges for optimum health and performance lie within the business and the people that contribute to its success. This information is key to ensuring stakeholders can plan on-going wellness initiatives that have quick and lasting impact and that appeal to the widest possible audience to enable full engagement and return on investment from your long-term wellness strategy.

Topics covered by the workshop can include:

- Identifying individual motivation: how to make wellbeing a priority
- How to manage your energy within a busy schedule
- Effective strategies for building resilience
- Healthy eating for energy & performance
- Exercise / activity strategies for busy executives
- Finding your ideal life balance - what good looks like for you
- Ideas for time-effective rest, recovery & relaxation techniques
- Mindfulness: what it is and how you can make use of the techniques
- Successful strategies for excellent sleep routines
- Staying healthy while traveling for business
- Using technology to fast-track your wellbeing journey

Workshops run between 90 minutes and half a day.

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