BODYSHOT PERFORMANCE®
HEALTHSPAN NOT LIFESPAN®

OPTIMISE YOUR MIND, BODY & WELLBEING WORKSHOP

THIS IS A 90 MINUTE WORKSHOP DELIVERED VIRTUALLY TO TEAMS OF UP TO 30 PEOPLE.

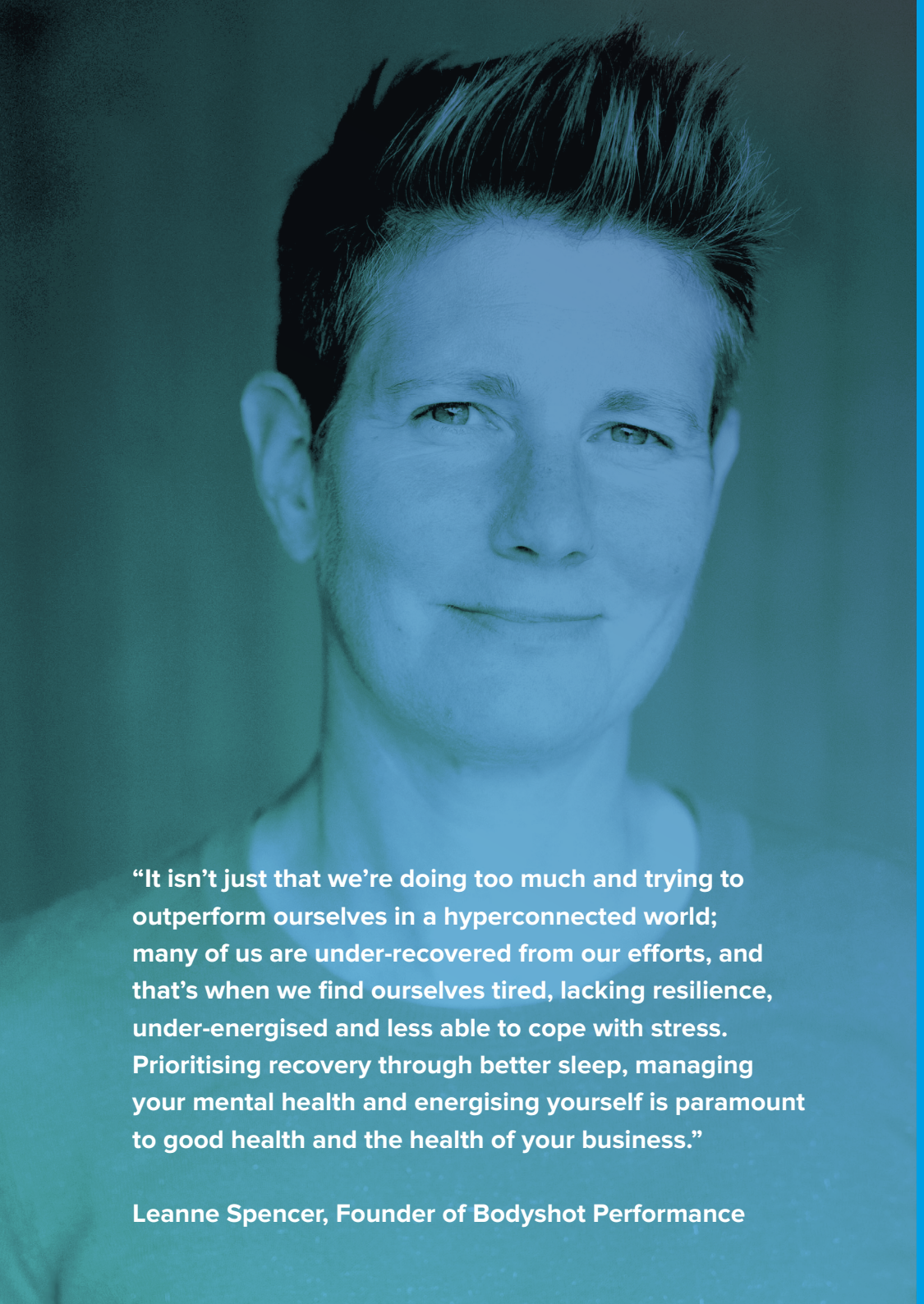
This workshop is for teams who want to optimise their potential and maintain successful lives and careers and still have good health. This session focuses on the core foundations of good health: sleep, mental health and energy.
The pressures that our teams are subjected to are higher than ever, especially in our hyperconnected world. Educate your people on how to prioritise health and wellbeing, supercharge existing habits and get more from doing less. As the engine of your business, your people need to be energised and performing at their best, and this session shows them how.

KEY OUTCOMES:

- Improve sleep, mental health and energy
- Better work/life blend built around recovery
- Recognise and reverse the signs of chronic stress
- Understand the principles of interconnected health
- Adopt easy-to-implement strategies for wellbeing
- Apply consistency over intensity

TAKEAWAY TOOLS AND VALUE:

- Quick wins for immediate results in energy and performance
- Understand how to treat your health at the root cause
- Interactive session that educates and inspires



"It isn't just that we're doing too much and trying to outperform ourselves in a hyperconnected world; many of us are under-recovered from our efforts, and that's when we find ourselves tired, lacking resilience, under-energised and less able to cope with stress. Prioritising recovery through better sleep, managing your mental health and energising yourself is paramount to good health and the health of your business."

Leanne Spencer, Founder of Bodyshot Performance

"Leanne and her team took the time to understand our industry and internal culture to offer us a unique tailored option which fitted our budget and requirements.

The Workshops were engaging, inspiring, motivating, helpful, tailored and unique."

Jessica Nicol, AAB

Average Satisfaction Score 9.7/10

Find out more by visiting
www.bodyshotperformance.com
or send an email to
anne@bodyshotperformance.com
to request more information or book a free Discovery Session.

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