



FUEL, ACTION & BALANCE

FOR A STRONG, HEALTHY BODY AND MIND

Brussels
2nd September 2019

Lunchtime Wellbeing Workshop - Corporate Offer (Duration: 1h30min)

Anticipation Tools for a Mindful Autumn Transition

- 1. Autumn: circadian rhythm and its implications (20min)**
 - a. Your work agenda and ... nature – how to let them flow in your advantage
 - b. Stress and time expansion: how to gain time?!

- 2. Hidden stressors and their non-perceived impact on your Time (20min)**

- 3. Food & Health management adjusted to the autumn transition (20min)**

- 4. Priorities tracking and anticipation reset tools (20min)**
 - a. Common wellbeing: prioritizing smartly, for you and your team
 - b. A fresh view on your breaks!

- 5. Discussion & Questions (10min)**

Price details:

	Description:	Price:
1.	Coaching 160€/h x 1h30min	240€
2.	Preparation 2h	80€
3.	Transportation costs	tbc
Total		tbc

An extended version of this workshop is also available, covering a half-day training, with possible teambuilding scenarios (available on request).

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