

The BALANCE Programme

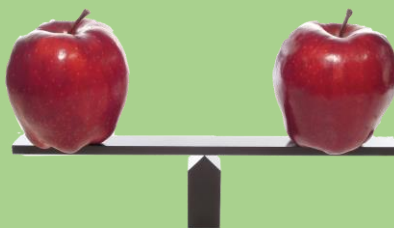


Optima-life delivers workshops and programmes to organisations that recognise that their people are important.

The BALANCE programme looks at the multiple factors that enable people to stay energised, engaged and purposeful.

- **The BALANCE programme: Why Should You Bother?**
 - Why are businesses interested in people and what's in it for you?
 - The Science of Stress
 - Goal setting and creating a personal mission statement as the foundation stone
- **The BALANCE programme: Sleep and the Importance of Recharge**
 - The physiology of sleep and why effective sleep is so critical
 - Differentiating between rest and restoration
 - How to improve your sleep so you are recharged and energised
- **The BALANCE programme: Developing Resilience for Today's Working World**
 - What is resilience and why it is important in a VUCA world
 - The difference between resilience and robustness
 - Resilience as a skill and the importance of reset
- **The BALANCE programme: Fuel & Exercise**
 - Mindful eating, how nutrition can be friend or foe
 - The fluids – Caffeine, Alcohol, H2O
 - Why physical activity is important for brain and body
- **The Balance programme: Creating a Focus for Productivity and Success**
 - Creating an environment for performance
 - Organisation, the multitasking myth and creating focus
 - Creating micro-wins and taking back control

Create Some Balance in Your Life



To find out more about Optima-life and how we can help your organisation please do send us an email info@optima-life.uk

www.optima-life.com