

TOO COMPLEX ? TOO ACADEMIC ? TOO MUCH TO REMEMBER ?

SIMPLIFIED Workplace Training

Group/individual High Energy, Interactive, & Immersive coaching

For you, your company, your team

Health – Wellness – Longevity

NHS

MEDICAL & DENTAL

PRIMARY CARE

CORPORATE UK/GLOBAL

SMALL & LARGE BUSINESSES

RESIDENTIAL/CARE HOMES

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*Work
Healthy to
Live Wealthy*



My absolute passion and focus is keeping you happy and healthy whilst at work.

Over many years, I have met and worked with many amazing people across mainly the dental and medical professions. However, sadly too many are succumbing to creeping, insidious health issues; musculoskeletal disorders (MSD's), reduced energy, low motivation, chronic fatigue, poor sleep, and the big one, increased stress and anxiety. These issues are not new, and worryingly, they are on the rise. This is where I can help, to teach you and your team the simple daily behaviours, that then become ingrained habits, from morning to night.



Over the last 10 years, I have been building a substantial knowledge and understanding of the growing issue of poor health, both in the workplace and in our personal lives. However, while there is a mountain of information out there, I personally have found much of it complex, restrictive and difficult to apply to our 'everyday'. My approach is *simplicity* and to share the *why* before the *what*! By understanding how our bodies work, we can all achieve a more balanced, focused and energetic life.

My sessions include aspects of posture, ergonomics, functional breathing, movement, focused and meditative thinking practices and, when they strike, learning better control over everyday anxieties and potential stresses.

- STRESS/ANXIETY CONTROL
- FOCUS & WORKLOAD BALANCE
- ENERGY & FATIGUE CONTROL
- FUNCTIONAL BREATHING
- POSTURAL BALANCE & NEUROLOGY
- LONGEVITY & STRENGTH IN AGING

OXYGEN ADVANTAGE[®]

CERTIFIED INSTRUCTOR



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