

SkyRocket Wellness 'Fully Fuelled' Workshop series

*NEW Workshop 4: Positive Mindset Management

Outline:

Having a positive mindset has been proven to enhance our health, happiness, productivity and engagement. And the good news is, it's easier to achieve than you think. Exercising your mind brings the same benefits as exercising your body. This motivational talk and workshop will help your employees flex their mental muscle and explore their built in behavioral tools, which can help them adopt a growth mindset.

Pauline's motivational and humorous talk draws on her unique experience of completing the World's Longest Climb from the Dead Sea to the summit of Mount Everest. She shares her learning's and insights that helped to overcome obstacles and challenges she faced both as an individual and as part of a team.

The interactive workshop helps delegates reflect on their own personal and professional challenges and obstacles. They can then start to explore, develop and understand how mindset management can drive their success and help fulfill their potential. Delegates will leave with their own toolkit to help them have a lasting mindset for success.

Format: Motivational talk with interactive workshop.

Participants will:

- Explore their own personal motivation and how it effects daily life
- Gain mental tools for proactively and constructively getting past moments of frustration
- Explore how a growth mindset can replace fear of failure in the path to professional and personal fulfillment.

Length: 3hrs

Max number of participants: 30

Investment: £900