



boost

YOUR WELLBEING



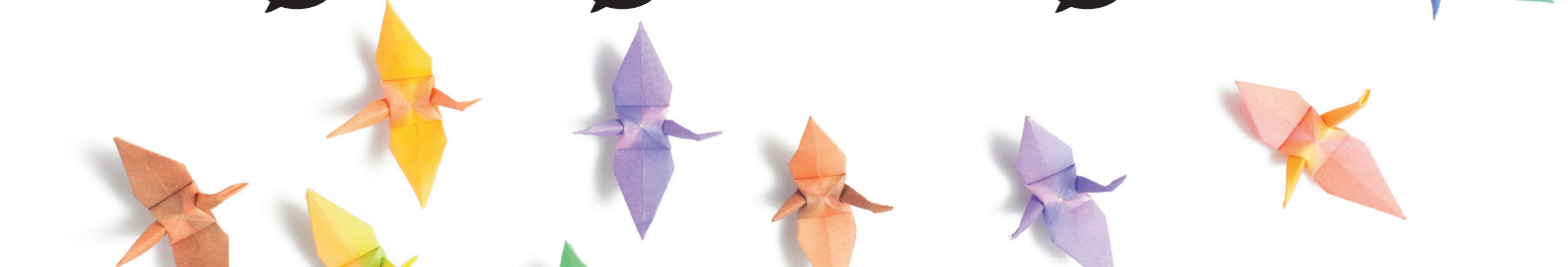
A festival of learning to explore and experience ways to get the most out of life at work!

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FESTIVAL LINE-UP

Wellbeing is more than a free banana at work and a spot of chanting. We know you want to **realise ambitions**, get the job done and **achieve your career goals** but that now more than ever its easy to feel stressed and just not on your game.

Our research tells us that learning in **bite sized chunks** and experiencing the “how to” help make learning stick and enable you to do it on the job. So why not **meet the experts under one roof** in one day and **start boosting your wellbeing now**.

MORNING

Visit one of four zones and select two sessions that interest you the most.

Choose from:

TIME: Are you crazy busy? Learn how to stop procrastinating and get the real job done

PEOPLE: Ideas to get the most out of working with your team

ENERGY: Ways to manage your energy levels and build your resilience

YOU: Book a short coaching session and tackle something just for you

AFTERNOON

After lunch choose a further two sessions and explore ways to refuel:

MIND: Book a one to one coaching session and set some goals

SOUL: Experience mindfulness to help refocus your day and find ways to destress in the busy work day

BODY: Have a go at yoga and check your posture for a better working body

WHO SHOULD COME?

EVERYONE!

WHAT ARE THE HIGHLIGHTS?

- » A day of your choosing - visit the zones that are relevant to you
- » Meet the professionals who specialise in wellbeing at work
- » Experience new tools and techniques
- » Enjoy short sessions with relevant take outs
- » Have some time to think and re-focus

