

WELLBEING WORKSHOPS



HEALTH

DO YOU FEEL STRESSED? DO YOU SLEEP WELL? IS YOUR HEALTH AND THAT OF YOUR FAMILY IMPORTANT TO YOU? WE HELP YOU TO UNDERSTAND AND ACHIEVE OPTIMAL HEALTH.

ATTITUDE

TOOLS TO FOCUS YOUR ATTITUDE TOWARDS YOURSELF AND YOUR ENVIRONMENT, TO ACHIEVE HAPPY AND CONTENTED LIVING.

PURPOSEFUL POSITIONING

HOW TO POSITION YOURSELF IN LIFE TO REALISE YOUR LONG TERM GOALS AND AMBITIONS.

PARENTS

HELPING TO UNDERSTAND PARENTHOOD IN ALL ITS GLORY. UNDERSTAND AND APPRECIATE THE OLDER GENERATION AROUND YOU IN ORDER TO ACHIEVE A HAPPY AND CONTENTED LIFE.

YOUNGER GENERATION

UNDERSTANDING HOW YOUNG PEOPLE AND CHILDREN CAN SUCCEED AND THRIVE FOR THEMSELVES, ENABLING PARENTS STRESS FREE AND ENJOYABLE PARENTHOOD.

Using essential oils as a tool to enhance your emotional, mental and physical wellbeing.

Date:

Time:

Venue:

Goals, strengths, dreams / desires



Programme to achieve desirable outcomes for individuals and companies to help establish their **GOALS, STRENGTHS, DREAMS & DESIRES.**

Each corporate consultancy programme combines a series of thought-provoking questions and tasks for the participants, along with hands-on consultancy for visible results.

STEP ONE - GOALS

- Clarify your company/personal values and goals.
- Setting out your long and short term BIGGER vision.
- Understanding and establishing long and short term goals.
- A personal development assessment of where you are, what areas of your life could use some improvement, and how to make those changes by setting realistic and achievable goals.

STEP TWO - STRENGTHS

- Optimising your strengths, both personal and in the company environment.
- Creating a plan for increased performance through the Pareto Principle of effective time management.
- Identifying personal strengths along with what needs to improve in your life, what strengths you possess that have not been realised yet, and how to make those changes by setting up realistic and clear techniques to use your personal strengths.

STEP THREE - DREAMS & DESIRES

- Highlighting personal or company DREAMS & DESIRES and learn how to implement your dreams in your reality.
- Tools and techniques for staying focused, content, enthusiastic and energetic enough to achieve your dreams.

SOLUTIONS / RESULTS / OUTCOMES

Solutions and resolutions, implementations of learned material in one streamlined and usable strategy to help achieve your goals.

Participants will prepare a presentation of their particular projects for goals, strengths, with solutions.

WHO IS IT FOR?

- Individuals
- Charities
- Schools
- Companies looking to enhance productivity and team morale

WHAT IS INCLUDED?

1. Tailored consultancy and presentation
2. Series of supporting webinars
3. Keynote presentation on request
4. Written report on the outcome

HOW MUCH?

1 to 1 Consultancy t.b.a

1 day onsite Workshop t.b.a

CREDENTIALS

Marianna Cherry is Creative Director of social enterprise Mums the Heroes Ltd.

Mariannacherry.co.uk private and corporate consultancy with over 20 years of experience.

- Happy and how to achieve it
- Goals, Strengths, Dreams & Desires

Professional Speaking Association associate.

Toastmasters International member.

Graduate of Million Dollar Voice public speaking course.

Entrepreneurship Award (from PPN).

Progressive People Networking Foundation Certificate (Institute of Leadership accredited).