

# wellbeingforwork

## ENERGY MANAGEMENT AND NUTRITION

### Energise and Nourish your Talent

**Duration:** 1 day  
**Participants:** 15-20

Participants will learn how to build sustainable energy to promote enthusiasm, motivation and engagement on a day to day basis at work and home. They will recognise the key components and importance of energy renewal which is crucial for building stamina and longevity for talented individuals.

#### Key outcomes for this programme are to enable your staff to:

- Select high energy foods to refuel and promote optimum health and vitality
- Understand the physical processes of energy management and the need to balance blood sugar levels
- Provide insight into how energy can be redirected away from stress and burnout towards a more positive mental attitude promoting motivation, engagement and focus
- Recognise the importance of using relaxation and breathing techniques to maximise energy
- 'Eat on the run' healthily between meetings, deadlines and travel
- Understand and avoid the impact that poor nutrition and lack of sleep can have on winter wellness and subsequent energy levels
- Design a personal dietary and lifestyle plan which will support these key learning outcomes
- Select 3 personal commitments to promote optimum energy

“good health is good business”

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