

PERFORMANCE **TREANOR**

UNLOCK YOUR POTENTIAL

Health and Wellness Corporate Services by Health Coach Declan Treanor



Performance, Health and Wellbeing Workshop Modules:

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| 1. Move and Stretch to Perform | 2. Nutrition and Fuel to Perform |
| 3. Map for Success | 4. Apply Laser Focus |
| 5. A More Assertive You | 6. Public Speaking with Poise |
| 7. A Better Night's Sleep | 8. Rise and Shine Morning Routine |
| 9. Best Use of your Time – Pitfalls/Solutions | 10. More Optimal Energy Use and Levels |
| 11. Creative Solution Generation | 12. Rejuvenating Downtime |
| 13. Thrive while Travelling with Work | 14. Returning from Parental Leave Optimally |

Keynote Speeches:

- What corporate teams can learn from sports teams in their quest for continuous improvement.
- Unlock your potential through the mind, body and soul. A roadmap!

Performance Surgery:

- 1 on 1 health, wellness and performance consultancy to help your employee towards peak performance.
- Completely confidential with a follow up plan provided. Follow-up accountability check-ins also available.

Conference Energiser:

- 15 or 20-minute health and wellness energisers during a half or full day conference to keep participants energy, engagement and enthusiasm up.

Team Building Days/Events:

- Physical, mental and emotional tasks and games to help build team cohesion while having fun.
- See your colleagues in a different light through building empathy and expanding your comfort zone.

[Contact Declan at performancetreanor@gmail.com](mailto:performancetreanor@gmail.com) or [0483672114](tel:0483672114)