



CHAMPAGNE CELEBRATION

Wellbeing and Mental Health

How to become your own CEO 'Chief Energy Officer'



SPEAKER / WELLBEING CONSULTANT

with

Celynn Morin

Join the Institute of Water for our wellbeing and mental health event.

We have invited Celynn Morin (<http://celynnmorin.com/>) an established author, facilitator, speaker and wellbeing consultant to deliver a session focussed on Performance Chemistry.

The session aims to help attendees increase awareness and choice related to holistic wellbeing as well as to commit to at least one immediate action they can take for both themselves and their respective workplace. The session will be interactive, using practice techniques that are easy to implement.

During the session attendees will have the chance to:

- Participate in 'how to become your own Chief Energy Officer' exploring energy & state management
- Undertake a self-scoring using the Wellculator™ (framework that looks at different dimensions of wellbeing)
- Take a personal pledge exercise (giving each person at least one immediate action) that they can take before the end of the session
- Enjoy a celebratory sparkling wine toast to close off the session, emphasising the importance of celebration and gratitude for behaviour change

23 January 2020
16:00 – 18:30

WRc Offices
Frankland Road
Swindon SN5 8YF

"As a speaker/facilitator I really think Celynn is one of the best I have seen in over four years with Vistage.

Great content, very knowledgeable on her subject, great engagement in numerous different ways, very useful giveaways, slides and media of a very high standard and a great person too, who really lives her message"

Vistage UK, Group Chairman

Members
£24 (incl VAT)

Non-Members
£60 (incl VAT)

Numbers limited