

Self Care 101

Recovery, Reconnection, Reinvention

Is your team struggling with covid fatigue, hybrid work burnout, feelings of disconnection or simply wanting to get back their pre-pandemic passion and positivity?

Would you like to help them re-ignite their mojo?

In this powerful keynote, Mark explains **why Self-care is now the single-most important skill for sustainable high-performance**, as well as the 3 critical areas for recharging our mental health, wellbeing, motivation and morale.

Recovery: Why it's more important than 'resilience' ... and the science and art of '*micro-recovery*'.

Reconnection: Why connection is everything and how to improve personal and team **relationships** in a hectic, hybrid-working world.

Reinvention: How to turn change and challenge into opportunity and growth.

Learn...

- › How to ↓ **burnout & stress by 40+ %**
- › How to ↑ **productivity by 30+ %**
- › How to ↑ **creativity & improve problem-solving by 50%**
- › Why '**transcendence**' is more important than mindfulness ... and how to experience it
- › Simple, everyday tools and tricks for **better looking after ourselves!**
- › Timeless, proven wisdoms of **health, happiness & high-performance**

* All sessions include complimentary (digital) copies of Mark's best-selling book '*Ancient Wisdom for Modern Health*'.

'fantastic extremely insightful and engaging ... very funny ... loads of practical strategies ...so simple and easy to understand ... my favourite (speaker of the conference)'

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