

PERFORMANCE TREANOR

UNLOCK YOUR POTENTIAL

U4U Wellness Workshops from Declan Treanor to European Commission, Grange, Ireland



Day 1: Thursday 03/10/2019 at 12.00 – 14.15.

(45-minutes on workshops 1, 2 and 3)

1. Exercise & nutrition for a happier, healthier and more energetic you!

- Posture guidelines and stretching routines to feel healthier, move better and with less pain meaning more energy for focused work.
- Tips on how to make time for exercise during your working week to enhance your mood and workplace contribution.
- Learn empowering eating habits, ways to stop bingeing and how to eat mindfully to fuel an energetic day.
- Here's a quick video showing the excitement and learning coming your way:

<https://vimeo.com/268650767>

2. Mapping for success and focus tips – positive growth for employees and the organisation as a whole!

- How to make sure your goals at work are meaningful and impactful. This helps avoid time wasting and burnout...
- Goal setting errors are all too common – lessons will be learned on avoiding such pitfalls!
- We will practice mindfulness meditation to show you how to focus well on one task at a time and show how this is vital to success.
- Eliminate distractions holding you back – some simple implementable steps will be shared.

3. Overcome performance anxiety and relish the challenge to unlock your potential – the secrets revealed. A more confident workplace!

- How to overcome the world's biggest fear – Public Speaking. You will be able to sell and communicate ideas to your colleagues and clients better.
- Develop assertiveness skills for a more confident you. Being able to say no and ask for help leads to a more efficient workplace.
- Passion with perseverance, getting out of your comfort zone and gratitude hold the key to your happiness.



Day 2: Friday 04/10/2019 at 12.00 – 14.15.

(45-minutes on workshops 4, 5 and 6)

4. A great day at work begins with a peaceful sleep the night before and discovering the perfect morning routine for you!

- The following keys on a peaceful and rejuvenating sleep will be presented:
 - What the world's best sleepers do differently.
 - How to improve the quality of your sleep (without spending more time in bed).
 - How to fall asleep more quickly.
- Designing Your Morning Routine will show you how to:
 - Arrive at work energised and focused.
 - Get a bigger energy boost from your morning coffee.
 - Prioritize your To Do list for not just a great day, do it in a way that ensures a great year too.

5. Optimise your schedule and stay energised all day long to ensure you get your work finished quicker and better. This enables you to leave on time for an evening with your nearest and dearest.

- Here's how to optimise your schedule and eliminate wasted time.
 - Learn to protect your most energetic hours.
 - Plow through your email in a fraction of the time.
 - Say "No" to anyone in a way that improves your reputation.
- Learn to keep energised all day without relying on sugar and coffee.
 - Ensuring fruitful and effective meetings.
 - How to take smarter breaks at work.
 - Jumpstart to getting things done (and break through procrastination) when you just don't feel like working.

6. Generate creative solutions at a moment's notice and ensuring effective down-time to fuel workplace performance!

- Creative solutions come from being in the right headspace.
 - The best place to go when you need a creative breakthrough.
 - The optimal time of day for making an important decision.
 - The one question to ask yourself when you're not sure what to do.
- Stop rushing before days off/holidays then cramming when you return. Most importantly fully recharge your batteries.
 - Why not working is not the same thing as recharging.
 - How to free up your weekends for fun -- not chores.
 - A scientific recipe for having the best vacation of your life.

Tailored workshops can be arranged.

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

Unlock your potential through training the mind, body and soul!

