

Achieving performance through wellbeing



Mandy Brook

- A regular contributor to the BBC Sunday politics show, Sky and national newspapers on the subject of talent, employment and wellbeing in the workplace
- Voted Sussex Business Woman of the year 2015



Rain Hitchman

- Master Coach
- Biology and Psychology based coach and Mentor trained to ILM Level 7
- ILM Lecturer in level 3 and 5 Neuroscience based coaching and mentoring qualifications

Are you looking for?

- A Wellbeing Culture in the organisation, meeting legal requirements & obligations
- Immediate and quantifiable reduced absenteeism
- Emotional engagement and staff retention
- Being an Employer of Choice
- ROI of potentially 4 times the cost

Would you like to know about?

- What is the Neuroscience of wellbeing and performance
- NeuroLeadership – personal and organisational Leadership for the 21st Century
- Learning a brain-based model that helps us to collaborate and work effectively with people
- Hack your Brain with Neuro Nibbles!
- Self-reflection exercise (Take away)

Join us at Business Cornerstones where we have built a reputation for engaging and compelling speakers who will captivate your interest. Mix with likeminded business people, with a thirst for progressive and creative thinking that continue to stimulate new ideas.

Date and Time: Friday 5th April 2019, 7.15am – 10.00am

Venue: Deans Place Hotel, Alfriston BN26 5TW

£25+VAT

7.15 - 8.00 Registration & Networking

8.00 - 8.45 Breakfast

8.45 - 8.50 Welcome and Introduction

8.50 - 9.30 Achieving Performance through Wellbeing

9.30 - 9.50 Q&A

9.50 Prize Draw & Networking

10.00 Close