

On Corporate Wellbeing

How to increase performance
& feel better.





_For you, if...

You suffer from physical discomfort, or low energy.
You want to create a change at your workplace.

Try This! _Quickies

3min

Cleanse the mind!

A quick visualisation or mindfulness exercise at lunch time. Ideas [here](#).

Boost your vitamin intake!

Provide a basket full of apples, oranges and other seasonal fruits (don't ever provide biscuits and chocolate at meetings)

Connect to People

Once a week have lunch with a colleague and go for a stroll afterwards. Breathe fresh air, and bathe your face in day's light.

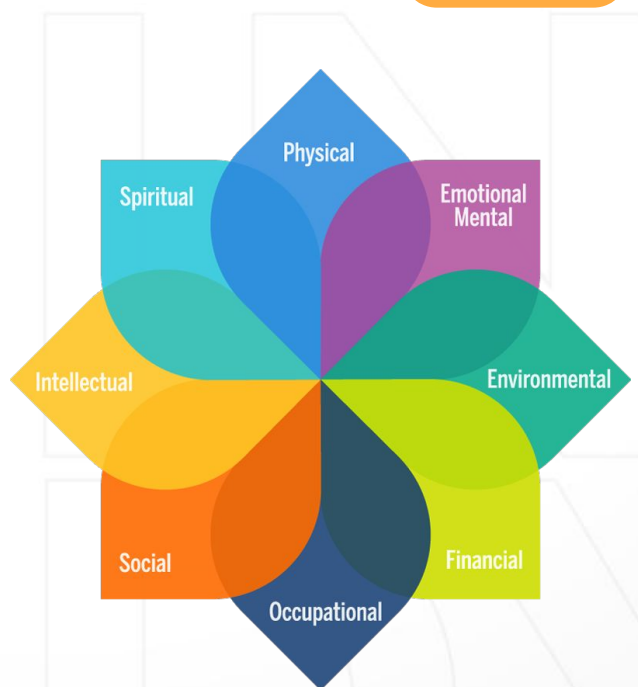
_Take it further!

10min

Take a snapshot of where you are at.

Reflect honestly on your weekly or monthly behaviour. How well are you doing from 0-10 on each segment? Talk to your mentor about it or have a Coaching session to explore your options.

Also, check our specialised corporate wellbeing worksheet that provides suggestions on what you can do for your company, [here](#).



► Your TakeAways
_What do you know now?



Let me know how you are getting on!

For more advice and solutions check our [worksheets online](#), and watch some videos from our [Bounce Back Video Series](#).



For a quick read & tools,
our *Ebook Bounce Back*,
available by subscription or on
[Amazon](#).