

CORPORATE WELLNESS

WITH JENNIFER & TIM HANWAY

Educate, empower and inspire your employees to eat well, move well, work well and live well.



PERFORMANCE AND PRODUCTIVITY 101

Today's busy professionals are estimated to have over 100% of the levels of stress than their grandparent's generation. With the stakes having never been higher, and the demands on our personal and professional lives having never been greater, effective productivity and performance extend far beyond the concept of simply "getting things done." Instead, real productivity and performance are centered upon a fundamental belief that "life is worth living" and that the key to success lies in ultimately creating and cultivating energy in ways that lead to lasting fulfillment, as opposed to necessary accomplishment.

This workshop provides attendees with practical tips, tools, hacks, and habits that help free up mental space and clutter so that you can identify and focus upon what is most important in life. Using the same systems that have guided hundreds of athletes and high-performers, Tim will help you:

- Create 'time audits' to identify the assorted items that monopolize your time and daily energy reserves.
- Separate the 'essential' from 'non-essential' by categorizing tasks based upon degrees of urgency and importance.
- Harness the power of the 'focusing question' to remove unnecessary stress and mental fatigue.
- Utilize 'time-blocking' to un-lock the power of 'deep work' to 10x your levels of productivity in a fraction of the time.
- Discover the power of the 'Pomodoro Technique' and how tomatoes can give you higher focusing power than ever!

A Q&A session will be held following the workshop and all participants will receive detailed notes and links from the session.

Workshop pricing starts from \$500 a session. Package pricing is available upon request. For more information and to book your Corporate Wellness workshop please email hello@jenniferhanway.com



ABOUT TIM

Tim Hanway is an accredited Sport & Exercise Scientist, Human Performance Specialist, and University Professor. He works with professional athletes and general populations and offers a range of services, including personal training and high-performance coaching.

Having consulted with everyone from NFL athletes and Olympians to physicians, therapists and business owners, Tim creates bespoke training programs that blend high-performance coaching with practical skills and know-how. As a result, Tim empowers his clients to achieve sustained high performance on the field and in the office, achieving lasting fulfillment in the process.