

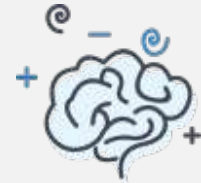
Stop. Revive. Thrive.

Master the Art of Rejuvenation



This wellbeing presentation is designed to show you practical micro-changes that you can make in life, to transform daily stress and feelings of overwhelm into productivity and performance. These mindset and self-care strategies will help you take back control of your physical, mental and social health even when family, flatmates, fur-babies and frequent work distractions are preventing you from reaching your professional goals.

YOU WILL LEARN



1. Boundaries

The five 'non-negotiable' boundaries to incorporate that will improve your mental health and ability to cope with setbacks.

2. Burnout Buffer

A simple yet powerful formula to ensure you can effectively create a buffer between your work life and home life (even if you WFH) so you don't burn out.

3. Body & Brain Reboot

Structured self-care habits to help you focus and concentrate when it matters, and rest and rejuvenate when it is needed.



She is world class

“*In the modern business environment, the deep expertise and practical strategies that Heidi empowers us with is a much needed and welcome change. If you are looking for ideas to recognise the early signs of work fatigue and burnout in your profession, Heidi has strategies to combat even the darkest of storms. Her presentation skills and abilities to command a room are world class.*”



Antony Grifoni
Law Society of Sutherland