



# Mental Fitness Practice

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: A strong mind is essential for:

- Perseverance in challenging circumstances
- Recovery from addiction
- Goal setting
- Focus and discipline
- Building resilience

This presentation is packed with practical tips, daily practices and mind power exercises to help build mental strength.

Topics include:

- Positive Psychology & The Power of Affirmations
- Practising Gratitude
- Breathing Exercises
- Health & Lifestyle Tips

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)

*This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*