



Women's Wellness

Presentation

Length: 1hr

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

Details: How can one develop self management tools to effortlessly manage wellbeing, whilst navigating through the multiple demands that work and family life bring?

This workshop shares simple solutions to ease some of the challenges facing the 21st Century Professional woman.

Content includes:

- Daily habits for improved mental, physical and emotional wellbeing
- The importance of self preservation + actionable tips.
- Preventing Burnout
- Herbal Medicine
- Nutrition
- WorkLife Balance

Are there particular issues you wish to address?

Bespoke sessions are available for specific requirements.

Connect with WORKBLIS to discuss requirements - 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.