

# Restoring your ideal life balance

## Your team and business benefits



Jan 2021

Optimal stress: the secret to your success

Help employees find their optimal performance zone

No fee/no obligation introduction meeting

Six structured team\* exchange and engagement sessions

Custom plan to meet your organization's team needs

Post program support in sustaining your teams' balance

Investment for more engaged teams from: €5295

\* 7 team members

# Program Features

## **CALMER HEADS**

Better business  
decision-making

## **ACTIVE LISTENING**

Small improved listening  
group workshops

## **INDIVIDUAL AND TEAM FOCUS**

Support team members select  
and commit to specific change  
commitments

## **RESPECT DIVERSITY**

Have team members hold each  
other accountable to improving  
the group dynamic

## **SUSTAINED ENGAGEMENT**

Make ongoing tweaks and tunes  
in support of each team  
members changing needs



## Learn more

email: [seamus@poweringhealth.ie](mailto:seamus@poweringhealth.ie)  
call: +353 1555 3850  
web: <https://www.poweringhealth.ie>

## Connect with Seamus

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to book your free, no obligation,  
introduction to the program