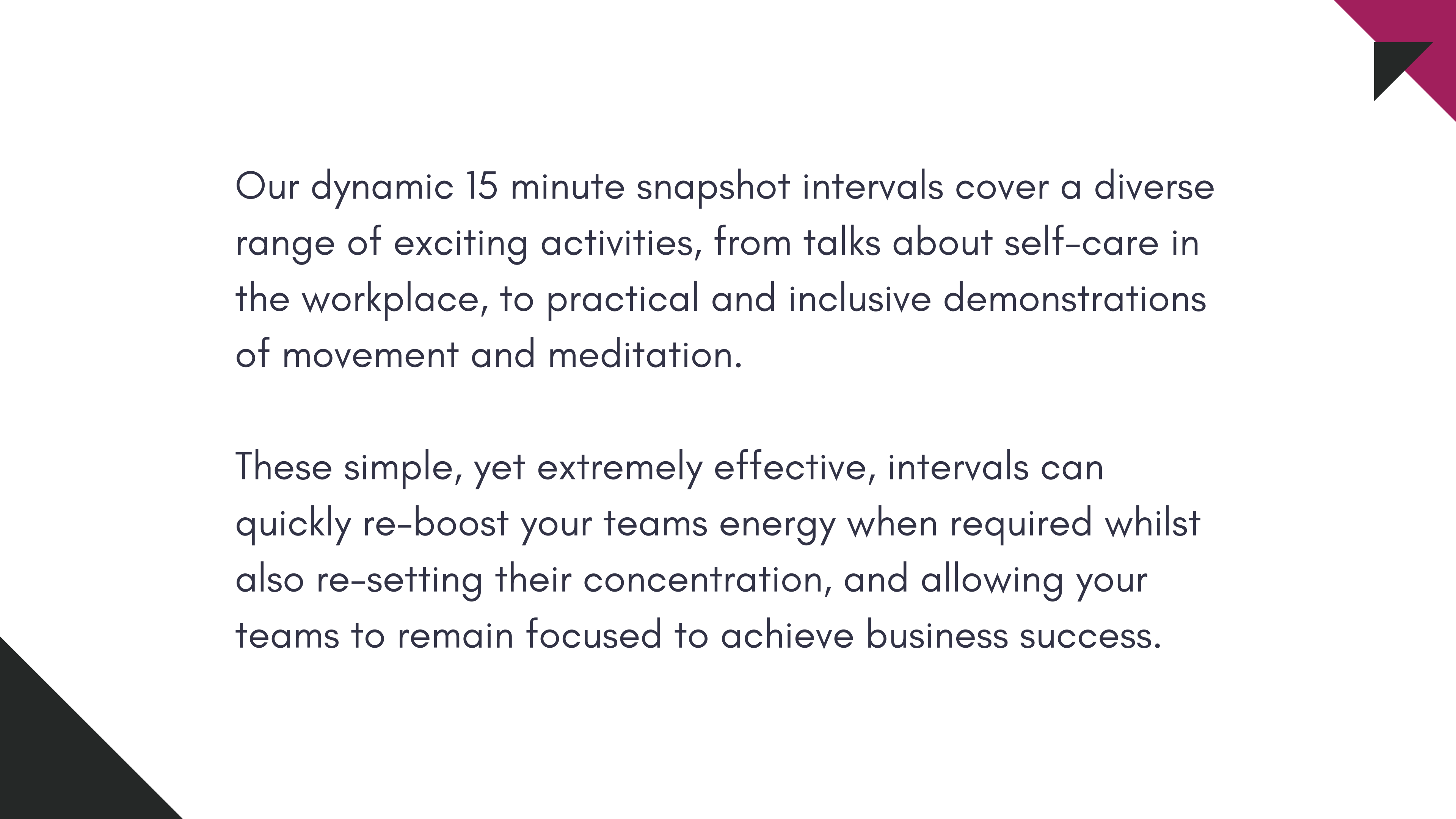


15 MINUTE SNAPSHOT INTERVALS

**Retain your focus.
Lift your mood.
Boost your energy.**



Our dynamic 15 minute snapshot intervals cover a diverse range of exciting activities, from talks about self-care in the workplace, to practical and inclusive demonstrations of movement and meditation.

These simple, yet extremely effective, intervals can quickly re-boost your teams energy when required whilst also re-setting their concentration, and allowing your teams to remain focused to achieve business success.

WHO IS THIS FOR?

CORPORATE EVENTS

Our innovative snapshot intervals can be hired by any scale corporate events when light relief is needed during, before, or after, an intense conference where people have been concentrating for long periods of time. Our intervals provide quick and simple ways for people to re-ignite their focus.

WORKPLACES

Who are invested in self-care at work and who want to keep morale high amongst their employees. These snapshot intervals are also aimed at businesses who want to cultivate a safe and supportive workplace for their teams.



"GOOD HEALTH IS GOOD BUSINESS"

PAUL DRECHSLER

"EXERCISE IS THE KEY NOT ONLY TO PHYSICAL
HEALTH BUT TO PEACE OF MIND"

ERALDO BANOVAC



WHAT WILL YOU ACHIEVE?

✓ **STRONGER TEAMS
WHO CAN WORK
MORE
COLLABORATIVELY**

✓ **REACTIVATED
METABOLISM TO
PREVENTS LONG
TERM INJURY.**

✓ **INCREASED LEVELS
OF FOCUS AND
CONCENTRATION**

✓ **EMPLOYEE
ENGAGEMENT AND
RENTION**

WHY MOVEMENT?

Light movement releases endorphins and endocannabinoids which are neurotransmitters that reduce anxiety and help us feel connected. The positive effects of endocannabinoids are doubled when humans interact and move together as a group in unison. For example, taking part in a group exercise class or something similar. The reduction of anxiety in a workplace is always a good thing. And the feeling of connectedness amongst employees certainly does lead to stronger team players who are able to work more collaboratively to meet targets and achieve success at work.

COURSE CONTENT

MOVEMENT

Employee productivity IS dependent on how much you move. 72% of workers noticed that they completed their workload on days they moved their bodies. Our snapshot intervals will include Yoga, meditation, Alexander technique and ways to reactivate your metabolism to improve overall health and well-being.

FOCUS

Our intervals on focus and memory are rooted in scientific knowledge and can be delivered through talks, presentations and practical demonstrations. For example, remembering activities which encourages the hippocampus (memory) part of the brain to work at it's optimum potential.

GROUNDING

Explore the endless ways your staff teams can ground themselves at work in order to stay calm when in a high pressured situation. For example, breathing, counting and 5 sense awareness exercises reduce stress and workplace anxiety.

REQUESTS

If you have something specific in mind, please ask us and get in touch. We can custom-tailor all of our intervals so they are suited to your organisational needs. We can offer intervals that break the heaviness of a working day and bring a sense of playfulness into a workspace.

WHY CHOOSE US?

DIVERSITY

Our training recognises the benefit of having diverse teams and our programmes explore endless opportunities to learn and thrive from each others diverse ideas.

SCIENTIFIC KNOWLEDGE

Our cutting-edge training is based on neurological studies, embodied cognition and behavioural science.

INCLUSIVITY

Everyone that takes part in our training will benefit from inclusive practises. Your teams will be reminded of the importance of communicating well, responding to and listening to all ideas.

EMOTIONAL INTUITION

Strong focus on how people can tune into their intuition and use it to their benefit when communicating with clients, customers and colleagues.

INNOVATION

In a fast-paced world where businesses are constantly evolving, the need for innovative teams are crucial. our training will support your teams in becoming dynamic & innovative thinkers.

EMBODIMENT

Participants will have an improved sense of awareness of their bodies and a better understanding of how to interpret body language when communication.

YOUR COACH - MONIKA GRAVAGNO

Monika is a dynamic, perceptive and flexible communication skills and active listening coach. She empowers and enable individuals to unlock their creative minds and think laterally to gain presence, authenticity and confidence.

Monika has trained as an actress at the London International School of Performing Arts. She holds a distinction BA in Linguistics and she is NPL practitioner and acting coach.

She has coached clients across the public and private sector. Her areas of expertise include: active listening, personal impact, presentation skills, non verbal communication and emotional intelligence.



"I believe you are what you think,
feel and imagine.
And this inform what you will
attract, create and what you will
become."

M. GRAVAGNO

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