

# A PERSONAL APPROACH TO MENTAL FITNESS

## 100%

FOUND THE SESSION VERY HELPFUL

## VALUE

**Insight** and **focus** and **clarity**

Little techniques to **improve happiness**

Helped me **plan** for my new role and organise a **process** of managing how I plan my days

Gave **actionable points** to help me plan week/evenings. The **mindful session** at the end was **great** too!

Helped me to **realise what** parts of my daily routine were **holding me back**

A **good solution** to a problem that's bugged me for a while (benefits vs. drawbacks of team meetings)

 Venture Harbour

## FEEDBACK

It was just **great**. Really enjoyed the breathing and visualisation at the end.

**Really** enjoyed it and found it very **valuable**.

I've already started reading the book you recommended - I'm now just **really excited** about the **positive change** I can make for myself and for Venture Harbour. Thank you :)

**Really useful**, Lisa was very **helpful** in getting to the bottom of bad habits and procrastination.

I just wanted to say **thank you again**, you gave me a **toolkit** to deal with the past so I can be a **better leader**.

**Great session!** Thanks :)

## IMPACT

Being able to **appreciate** what I've **achieved**

It will help manage workload and **increase quality output**

I will be **more energised** as the session will help me separate home and work better.

Let me have **better focus**

Time will tell! I expect **very positive**.

It will make me think a lot more deliberately about my **strengths**, and **communicate** those more **effectively**

## 100%

**WOULD LIKE TO TAKE PART IN FUTURE SESSIONS**



[WWW.ITSTIMEFORCHANGE.CO,UK](http://WWW.ITSTIMEFORCHANGE.CO,UK)

it's time for  
**Change** 