



## CORPORATE WELLBEING

### CREATING HAPPIER & MORE PERFORMANT TEAMS

#### FORMAT

All our masterclasses can be declined from 1h Lunch & Lunch format (in-person or on-line) to more comprehensive an experiential workshops of up to 4 hours (in-person only)

#### WHAT TO EXPECT

- NO "flower power" and 100% science-backed facts and tools
- Tools are realistically implementable in our busy lives
- A mix of science-based facts, tips, strategies and practical experiences
- Participants are empowered to take care of themselves and actively engaged in their own wellbeing and the management of their physical and mental health
- Participants become motivated to create the change they want to see in their life at work and at play. All workshops finish with a practical 10 day challenge.



## THE SCIENCE OF HAPPINESS

### HAPPINESS IS A SKILL YOU CAN CULTIVATE AND GROW

"What is Happiness" is for sure the oldest question in the history of humanity. Happiness has been the topic of philosophers and wise sages for over 2500 years. Psychologists have tried to give us some answers too but every psychology model was so far based on a subjective notion of what Happiness could be.

Science got in the game of Happiness about 20 years ago and have made the most revolutionary discoveries:

- What we instinctively think will make us happy only contributes to a very small proportion of our happiness potential
- We have the power to become happier, pretty much regardless of what is going on in our life, by practicing easy intentional activities every day

We now have a clear definition of what Happiness is from a scientific perspective and we will explore it in details together.

We will look at the barriers of a happy life in the 21st century and explore simple tools and strategies to significantly and sustainably boost our happiness and emotional wellbeing.

You truly have the power to become happier, pretty much regardless of what is going on in your life. There is also a huge business model for happiness in the workplace as happy employees are more performant, they are better team players, better negotiators, better sales people, they are more creative and able to perform better under stress.

You will leave this workshop feeling energised and with a good understanding of what happiness truly is from a scientific perspective and a set of tools to boost your emotional wellbeing, to cultivate optimism and build the confidence to create the life that you want!



## EASE YOUR WAY BACK TO THE WORKPLACE

Mental health issues, conflicts in the workplace and drops in performance are expected to severely increase over the coming months as people make their way back into the workplace. A recent survey from CIPD revealed that 2 out of 5 people are already experiencing anxiety just at the thought of having to go back to the workplace.

Returning to work is going to be a challenge for all of us. The anxiety it might trigger is not just simply linked to the covid risks associated with reduced social distancing (public transport and colleagues proximity). It is mainly stemming from another wave of change out of our control, a huge amount of uncertainties ahead of us and the perspective that we might all lose in quality of life and freedom.

There are many simple and pragmatic actions we can take as individuals, team members and leaders to support ourselves and others during this challenging transition.

This workshop defines the triggers for stress and anxiety related to coming back to the workplace. It is only with this awareness that we can then design a plan of action to freeze these triggers and become able to adapt and respond to them in a creative way for our wellbeing and performance (rather than unconsciously reacting to them and letting our worries get the best of ourselves).

The workshop explores simple techniques to defuse that anxiety in the heat of the moment but also to prepare employees to ease back into the workplace with serenity. We will discuss ways to communicate with one another, to challenge our perspective to cultivate calm and optimism, to regain serenity and clarity when our emotions are taking control over us and dictating reactions that are neither serving our wellbeing nor our performance at work.

This workshop is deeply anchored into science. It explains how our brain and nervous system work, how our emotions always impact our wellbeing and our perception of reality and how we can learn to shift them to cultivate resilience, regain a sense of control and have a more enjoyable experience of life.

Participants will leave the workshop with a greater sense of confidence and calm around an impending return to the workplace.



## **NAVIGATING CHANGE, SETBACKS AND UNCERTAINTIES**

"Life is a rollercoaster. You can either scream every time you hit a bump or you can throw your hands up in the air and Enjoy the Ride!"

We go through life making plans but life has its own way of constantly throwing bumps in the road and curve balls at us. Setbacks, change, uncertainties are a part of life.

Even though it might be in the right direction, change always creates disruptions in the pattern based functioning of our brain. The uncertainties it brings and sometimes the necessity to come out of our comfort zone triggers a stress response that affects our wellbeing and performance. We naturally tend to resist all discomfort but this unconscious resistance is hard on us as individuals but also for our businesses.

The better you are able to go with the flow, adapt and stay positive, the easier it will be for you to live your best life at work and at play.

In this workshop we will explore what is happening in our body and our brain when we are facing change, setbacks and uncertainties and how this impacts our behaviours, our emotional states but also our performance.

We will dive into the neurobiology of change and explore the default cycle of change based on resistance and stress.

Once we understand how our brain works, we will introduce a new and positive cycle of change to support our wellbeing and our performance.

We will cover the topics of managing our cycles of control and acceptance. We will learn to identify when we are in resistance and how to shift from the avoidance motivation system that paralyses our initiative and optimism towards the approach motivation system that pushes us to move forward, outside of our zone of comfort, to take risks and go with the flow even if it feels uncomfortable.

You will leave the workshop with a set of tangible tools and strategies to embrace change, foster creativity and optimism and step out of your comfort zone with calm strength but also to bounce back from difficulties, to shift from difficult emotions to a place of calm and to keep on going with optimism and confidence



## **THE SCIENCE OF SOCIAL CONNECTION**

### **FROM LONELINESS TO CONNECTEDNESS**

Loneliness (the topic for 2022's Mental Health Awareness Week) is a 21st century epidemic with critical impacts on our health and wellbeing.

As humans, we are wired to connect with others.

Never have we been so connected to others, constantly in contact through technology and yet never has our society been suffering so much from loneliness.

Covid and our new ways of interacting have been an extra layer of stress when it comes to the quality of our relationships with our friends and family, colleagues and others.

This session explains the science behind our need to connect with others in a meaningful manner, and informs how we can bypass the barriers we are facing in the way we live and work today.

We will explore tangible strategies to begin to build stronger, more enjoyable social connections and more meaningful relationships, including the concept of presence and making time, kindness and compassion, nourishing activities and how we can build meaningful relationships at work and at play.

Participants will leave the session with an understanding of the importance of prioritising our connection with others to enhance our health and wellbeing, along with ideas for how to overcome obstacles to achieving this.



## **PERSONAL RESILIENCE**

### **SUPERCARGE THE INNER BATTERY**

"Resilience is the ability to prepare, face and recover from adversity and hardships". It is about feeling strong and capable to keep on going while keeping cool. Resilience can be thought as our inner battery.

Of course, some of us are naturally more resilient than others but resilience is not something that we have or have not. Resilience is something that we can all build and must maintain.

More than ever, in those days of uncertainties, it is crucial that we recharge our inner battery so that we can keep going, maintaining not only our performance in the workplace but also our mental and physical health.

This masterclass is a one-hour power charge of the inner battery to allow us to keep on going through these tough times, feeling refreshed, in control and energised.

We will look at what resilience is from a scientific perspective and how stress and uncertainties impact it. Once we understand the neurobiology of resilience and the impact of a drained battery on our wellbeing and our performance at work, we will explore practical strategies, diagnostics, tactics and tools to bolster mental, emotional and physical resilience.

You will leave the workshop with a tangible plan of action to increase your resilience in just 10 days.



## **FOSTERING RESILIENT TEAMS**

### **CALM STRENGTH IN THE FACE OF CHALLENGES**

"Team resilience is the capacity of a group of people to respond to change and disruption in a flexible and innovative manner. In the face of adversity, resilient teams maintain their work productivity while minimizing the emotional toll on team members. They are more innovative, proactive, and collaborative, excellent problem solvers and work through conflict.

Team resilience depends on personal individual resilience levels but also on how well resilience is fostered within the group and also the amount of stress, change, set-backs the team is experiencing at a given time. Out of these 3 elements, the only thing leaders can control is their own behaviours.

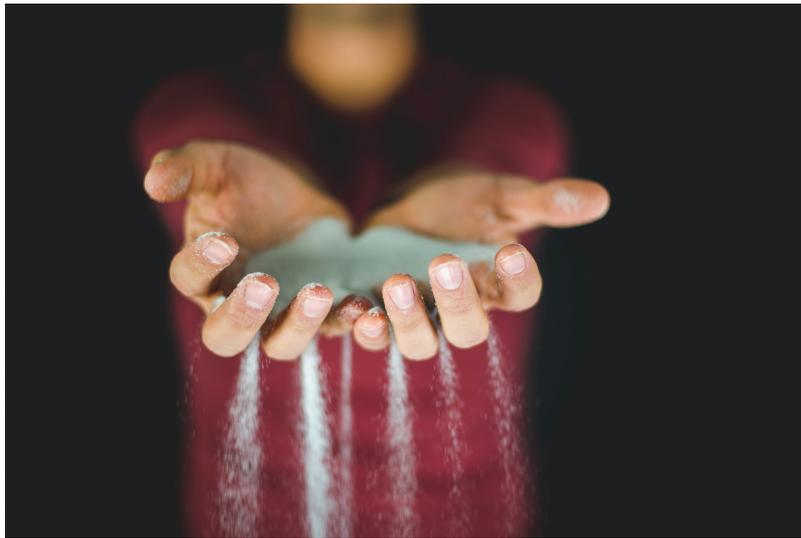
Fostering resilient teams is truly about daily behaviours, habits and communication styles focussed on creating an environment that minimises emotional resilience drains and gives opportunities to recharge.. boost team's spirit, energy and motivation.

The session is anchored in science and very practical so that participants leave with a good understanding of what low resilience looks like, how change affects resilience and most importantly with a set of tools to foster better resilience within their teams.

The session is organised around 3 themes:

- 1- Signs of low resilience:
- 2- Manage your inner leader: the message
- 3- Resilient communication: how to deliver the message

This session works as an ideal follow-on to our Personal Resilience workshops and is aimed at Managers and Leaders



## FROM BURNOUT TO BALANCE

### LEARNING TO MANAGE YOUR INNER BATTERY FOR HAPPINESS & PERFORMANCE

76% of your employees and 96% of your leaders will experience burnout at one point in their career (Gallup employee survey).

Burnout is not a fatality though, science is now providing enough pieces of research to explain the exhaustion funnel that leads to burnout and tools to prevent it.

Join us in this workshop to debunk what burnout is and how we all have the power to avoid it by simply making the right choices.

We will identify the early-warning signs of burnout and define the actions we can all take to slow down the exhaustion funnel and come back to a place of calm strength.

#### Takeaways:

- Understand the science behind burnout and how to avoid it
- Identify the causes and early signs of burnout
- Create a plan of action to step out of the exhaustion funnel and regain strength



## **STRESS DETOX**

### **A SCIENTIFIC AND NO BS SOLUTION TO STRESS**

Stress has become a silent pandemic taking a huge toll on our life.

Science recently demonstrated that we spend 70% of our waking hours in “Fight or Flight”.

But what does this mean? What are the impacts on our body, on our mind and on our life at work and at play.

Our masterclass will answer all these questions because it is only when you truly understand what stress is and what it means for your physical and mental health and your experience of life that you become empowered and motivated to take actions everyday.

We will look at the neuro-biological mechanisms of stress and understand how stress impacts your physical health but also your emotional wellbeing, your perception of life, the inner critic, your motivation and your performance. The smartest people do make the most stupid mistakes when too stressed!

You will understand that even though stress is unavoidable these days, you do have the power to tame it, to become calmer, to feel more in control, more resilient and confident.

We will explore and practice these science-backed easy and pragmatic techniques you can realistically integrate into your busy days to manage stress more efficiently and ultimately enhance how you feel and act on a daily basis.

Once you have tamed stress, you become healthier & happier!

You will leave the masterclass with a very good understanding of what stress is and a set of tangible techniques and strategies to efficiently manage stress. We will build a 12 minutes daily routine that will change how you feel in record times!



## **DIALING DOWN ANXIETY**

### **MANAGING THOUGHTS AND EMOTIONS**

Anxiety is normal and sometimes it is a healthy emotion. But sustained stress creates excessive anxiety which in turn can severely impact our emotional wellbeing and our capacity to think straight.

Anxiety activates our "avoidance" motivation system, where we approach life from a perspective of fear and danger!

In our days of extreme uncertainties and social-distancing, anxiety is rising to unprecedented levels. It has become critical for us to learn to manage our anxiety in order to regain calm, to remain optimistic and to protect our physical and mental health.

In this workshop, we will explore what anxiety is from a scientific perspective, where it comes from and how it affects our bodies, our biology, our mental states and our performance.

Participants will identify their own signs of anxiety, their triggers, their patterns of anxious thoughts, emotions and behaviours.

We will then learn the latest cutting-edge techniques to dial down anxiety: to manage the ANTS (Automatic Negative Thoughts), to reduce physical signs of anxiety (like panic attacks or chest pain), to shift from fear and difficult emotions to a place of calm and safety. We will learn to deactivate the "avoidance" motivation system and activate the "approach" motivation system where we engage with life and all its uncertainties from a place of opportunities and growth.

You will leave the workshop feeling calmer, stronger, more hopeful and knowing that you have everything you need to efficiently manage anxiety



## **POSITIVE MINDSET**

### **YOU HAVE THE POWER TO BECOME FIERCELY OPTIMISTIC & CONFIDENT**

The days of the glass half-full of half-empty are over. Science has recently demonstrated that the glass is refillable, for everyone!

Optimism is not a trait of character but it is a skill that we can cultivate and grow.

This ability to be optimistic is a part of what we call the emotional resilience.

It allows us to:

- keep on going when the odds don't seem in our favour
- challenge our thoughts and perspectives
- identify and focus on opportunities (instead of threats)
- have the confidence to get out of our comfort zone to meet our goals.

Most importantly it allows us to enhance our emotional wellbeing on a daily basis.

Join us in this workshop to learn easy tips and tools to boost your optimism and build a positive mindset, pretty much regardless of the challenges of your environment.

Takeaways :

- Practices to grow your optimism and combat the natural negativity bias of our brain
- How to shift towards opportunities rather than risks and dangers
- Mindfulness techniques to break the cycle of negative thinking
- How to slow down the inner critic
- Managing the nervous system to shift out of negative emotions
- Boosting your confidence by letting go of an unrealistic need to control



## **MINDFUL COMMUNICATION**

### **THE ART OF BETTER CONVERSATIONS**

Communication is everything! It is the only tool we have to engage with others, to build meaningful relationships based on collaboration, respect and trust, to resolve conflicts, solve problems and work efficiently together. But, in the heat of the moment we can often find ourselves overwhelmed, reacting on autopilot, mis-judging and perhaps saying things we might later regret.

The only thing we can truly control in life is ourselves ie how we perceive people/events/circumstances and most importantly how we respond to them. But our brain, with its primitive instinctive reactions, is not always serving us!

This webinar dives into neuroscience and the instinctive automatic behavioural patterns of the brain, sharing why these are dis-serving us today. Most importantly, it teaches how to tame the brain, change these automatic behaviours and learn to respond rather than react.

The webinar shares practical strategies to communicate in a more conscious and mindful manner in order to manage reactions, improve the way you respond to situations and to others, manage conflict and ease difficult conversations.

The way we respond and communicate with the world is key not only for our own wellbeing but also to nurture meaningful relationships and to find creative solutions together in the face of adversity. Today, more than ever, in a world of uncertainties, we need to learn to communicate more efficiently both with the people we are confined with 24/7 and the ones far away.

Participants will leave the webinar with techniques to regulate themselves, listen in a more efficient manner, be better able to decode situations, to be heard and to find common grounds to resolve conflicts and creatively move forward together.



## MANAGING DIFFICULT CONVERSATIONS

Difficult conversations are an inevitable part of life at work ( Performance issues, private matters that have an impact on the workplace, attitude) and in our personal lives (disagreements and conflicts with friends and family).

We've all had bad experiences with these kind of conversations where emotions seem to take over reason and things spiral out of control in the blink of an eye.

Perhaps your boss lashed out at you during a heated discussion; or your direct report started to cry during a performance review; maybe your client hung up the phone on you. As a result, we tend to avoid them. But that's not the right answer.

Being able to deal with difficult conversations effectively is an essential life skill that is invaluable in boosting your emotional wellbeing and life satisfaction but also maintaining and growing strong business relationships.

But how do we best approach these conversations? And how do we achieve a positive outcome without alienating the individual and breaking the relationship?

The key is to learn how to handle them in a way that produces "a better outcome: less pain for you, and less pain for the person you're talking to.

This webinar will first dive into the science of communication because when you understand how our brain processes and reacts to information, you get a really good idea of the problem it presents when it comes to difficult conversations and it is therefore much easier to find a fix for it.

The major challenge is not only to manage your own emotions and behaviours while you deliver a message but to also manage your counterpart's emotions and reactions.

We will then explore a 3-step technique to handle these conversations like a pro. You will learn to prepare, manage your own emotions and engage in a way that will protect your relationship but also to subtly help your counterpart manage their own emotions and reactions so that you can both get the best outcome.



## FROM PROCRASTINATION TO MOTIVATION

Procrastination is an act of delaying something that always has a negative impact on our life. None of us are immune to procrastination, it sneaks up on us all!

It might sound harmless but this avoidance behaviour can prevent you from achieving your professional goals and life dreams. And when it comes to health, procrastination can even be life threatening (we sadly all have heard these stories of little ailments that with procrastination have turned into serious health issues because not dealt with in time).

The real danger is that procrastination can become a habit that is very difficult to break. On a positive note, there are simple ways to overcome procrastination but this requires some understanding and a little self-discipline

Join us in this workshop to have a look at the science of procrastination and get some tangible advice on how to create simple anti-procrastination habits. This workshop is anchored in science and will offer you simple, tangible and efficient strategies to do the right things at the right time and in the right way.

We will first look at how and why we procrastinate to set the scene but most importantly we will introduce the motivation equation, a scientific approach to anti-procrastination. We will explore 6 tips to nip procrastination in the bud and with a little practice to break this habit and replace it with effortless efficiency for a healthier, happier and more successful life.

You will have the opportunity to identify your procrastination triggers and design the strategy that works for you to "GSD" !

### Takeaways

- Understanding your procrastination triggers
- 6 anti-procrastination tips
- The habits of highly efficient people
- How to stay motivated when you really don't feel like it



## **SUPPORTING WORKING PARENTS**

**This session will provide toolkit for parents to make the most out of their 2 worlds - work and family - and to build an emotional wellbeing that radiates on their environment.**

Being a working parent has always been a serious act of juggling, requiring extra good organisation skills. But the new challenges of recent years have changed the rules and good time management and organisation skills are not enough anymore to live a happy & fulfilling life both at work and at play.

This session is a very practical workshop, anchored both in the latest scientific research and a deeply compassionate perspective. We will quickly set the scene by exploring the challenges of being a working parent in 2022 and give all participants the opportunity to identify all their struggles and the areas that require some change.

We will then move straight to a series of easy and practical tips and tools to help parents consistently bring their best self at work and be the best parent at home. We will focus on :

- how to create a virtual barrier between work and home and learn to unplug from work when need be (and vice versa)
- how to feel like an amazing parent and best support your family
- how to communicate both at work and at home to support to balance, responsibilities, priorities and personal choices
- how to keep your cool under pressure when time and personal resources seem to be running out

We are not talking about time management anymore but about focus management. I will share with humility, humor and compassion, stories and illustrations for each tool so that they resonate with all participants.

You will leave the workshop with a different perspective on being a working parent, one more positive, exciting and empowering and most importantly with a set of tools that will support you on this amazing journey.



## **MINDFULNESS**

### **INTRODUCTION TO MINDFULNESS FOR STRESS & EQ**

Mindfulness is everywhere these days, schools, universities, NHS, Athletes training centres, Police and Army ... It's becoming an increasingly popular tool to treat stress, anxiety, depression, to help people perform under pressure and bounce back from difficulties.

Did you know that 75% of the difference between a top-performing leader and an average one resides in Emotional Intelligence? Well, Mindfulness is also the number 1 tool recognised to develop EQ.

This workshop is a thorough introduction to Mindfulness. We will cover what Mindfulness is with all its subtleties, understand how this simple practice changes the physical structure of your brain, your body and how it can truly transform your life.

We will experience together the most popular mindfulness practices and you will leave with a clear action plan to start living more mindfully and experiencing its myriad of benefits both in terms of wellbeing and of performance.



## **MEDITATE LIKE A BOSS**

### **THE WHY AND HOW OF MEDITATION WITHOUT FLOWER POWER**

"Meditation is the holly grail of wellbeing!

The latest scientific research proves that a simple 5 minutes daily Meditation changes the chemicals in your body and the physical structure of your brain. Meditation is the antidote against stress, anxiety, negative thoughts, low confidence, heart disease, low auto-immune functions.

Meditation promotes great mental and physical health and can truly change the unfolding of your life! But somehow, many people give it a go and give up before they can truly rip all its benefits. Why?

It's often because they did not find the type of meditation that suits them, because they find it too difficult or because they think it's too "flower power".

We will explore what Meditation truly is and kill a few myths along the way : meditation is not difficult, it's about knowing what it means and what matter when you practice. And it is important that you find the type of meditation that suits you!

We will experience together 4 different types of meditation, dive into their specific benefits and all the science behind them. You will leave the workshop with all knowledge, motivation and experience you need to start a daily practice.



## **DIFFERENT BUT STRONGER TOGETHER**

### **AN UNUSUAL AND PRACTICAL SPIN ON INCLUSION AND DIVERSITY**

Our brain naturally motivates us to connect with others and rewards us when we do. This is the result of thousands of years of evolution because it is these connections that allowed us, humans, to survive, to create and to thrive.

Our brain has sadly been evolving at a much slower pace than our society. We are basically living with paleolithic brains in the 21st century and this is presenting huge barriers in the way we engage with others.

In this masterclass, we will discuss how our brain constantly tries to prevent us from engaging with change, novelty and difference and tips us into an "avoidant" motivation system as soon as we do.

This avoidance system is the reason why we prioritise engagement with what is familiar and why many corporations are suffering from silo-organisation.

We will introduce the "Approach" motivation system that is based on acceptance and curiosity and explain how this is beneficial for individuals as much as it is for corporations.

Curiosity is a trait of character that we can cultivate and grow for ourselves but that we can also try to foster in our teams. We will share the latest pieces of research and a few tips to foster the desire to engage with the unfamiliar, to get out of our comfort zone and to embrace differences in order to grow together.



## KINDNESS

### HOW DOING GOOD DOES YOU GOOD (2020 MENTAL HEALTH AWARENESS THEME)

Long gone are the days where kindness was considered a weakness. Kindness is an act of strength and of courage that benefits both the giver and the receiver.

Current research shows that kindness is an intrinsic biologically based skill but also that it is one that we can cultivate and grow.

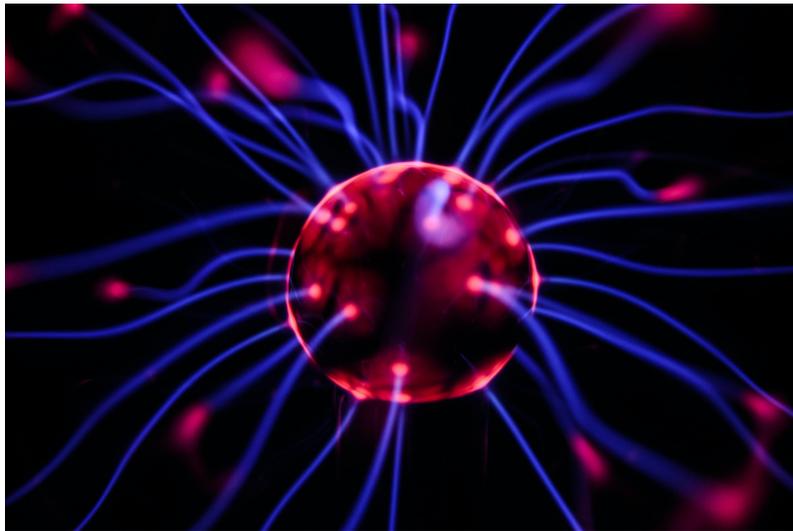
Kindness affects certain areas of our brain and activates the release of chemicals that benefit our physical and mental health (both for the giver and the receiver).

There is a proven virtuous cycle between kindness and happiness (Happy people and kinder and Kind people are happier) but also a myriad of other benefits.

In this workshop we will discuss what is this pro-social skill called Kindness. How it allowed our species to survive and how today it is able to re-energise faith in humanity and boost motivation to achieve all together.

We will debunk myths around kindness by discussing what it is not and how it is never a depleting behaviour.

You will leave the workshop with a set of practical techniques to practice kindness and reap all its benefits in your lives at work and at play.



## **NEUROPLASTICITY**

### **CHANGE YOUR BRAIN - CHANGE YOUR MINDSET AND YOUR LIFE**

Neuroplasticity is our brain's ability to reshape itself according to our daily experiences.

With a little effort and repetition, we can change our habitual thoughts, feelings and behaviours.

We can prune the neural circuits that do not serve us and build new powerful ones!  
We have the power to become happier, more resilient and even to change our personality!

In this workshop, we will explore the latest scientific findings about neuroplasticity.  
We will explore the most efficient tools and practices to tap into the plasticity of our brain to become more resilient, more optimistic, more confident!



## **WORK LIFE BALANCE**

### **CHANGE YOUR BRAIN - CHANGE YOUR MINDSET AND YOUR LIFE**

We live in an extremely volatile and fast moving environment. So, to stay on top of their games, organisations and employees must show a great extent of innovation and reactivity and as a result the pace at work has dramatically increased in the past decades.

With the physical and psychological boundaries between work and life totally gone, the levels of stress and their consequences on wellbeing and performance are reaching unprecedented highs.

This environment is constantly pulling us in various directions all the time and there doesn't always seem to be enough hours in the day to meet all our needs.

Our world full of distractions is leaving us with tons of confetti time, very small chunks of time that we struggle to use efficiently.

Smarter work-life balance is not about efficient time management anymore but all about focus management and how to make the most of confetti time.

In this workshop, we will introduce this new concept of focus management not only to boost our performance at work but also to support our health and wellbeing at work and outside of work.

You will leave the workshop with a set of tangible techniques to boost your efficiency, find a balance that supports both your work challenges and your social/family life, to make the most of both life at work and life at play and create a supportive community around you.

## What they say ... ..

I want to give a big 'Thank-you' for hosting the session last week. It proved extremely popular with a great turnout and I am confident that many people walked away feeling inspired and knowledgeable about how they can make small changes to their lives in order to become more happier.

You have certainly set a high bar when we arrange the next set of events!  
We really appreciate you support, thank you again.

**HSBC**

*My goodness, that's one of the best attended and responded to seminars I've ever run.  
Steph is fantastic*

**Aviva**

Thanks to you Steph for all your tips and taking us on this self-care journey  
I'll let you know of the outcome of the combo: my own routines + Supercharge. ...I think I should let my bosses know - in 10 days they can expect some augmented loads of energy on board. Managers of other participants should be aware too

**Dentsu**

Thanks for this and thanks for a great session. The feedback from the team has been overwhelmingly positive!

**Cazoo**

*Steph was incredible, a truly inspirational speaker who kept the audience engaged for the whole 2 hours. Such an enthusiastic and energetic workshop*

**Waitrose**

The session could have lasted 3 hours and I doubt it would have bored me. The topic and the trainer are really interesting so I'm sure I could learn a lot more!

Thanks Stephanie, I loved the session and am already trying to use the relaxation exercise you gave us ;)

**Green Giraffe**

Thank you again for the great session yesterday - the positive feedback continues to come in from our staff!

**Avison Young**

Steph is amazing, I find her style of presenting really engaging and her attitude and enthusiasm infectious. I always come away from sessions with her feeling better and energised

**Portman Estate**

*I love to connect with my community*

**Nothing makes me happier  
than helping people  
feel awesome!**



**Follow me on social media**



**For more resources, click my logo**



*I want to support you*

For anything else, send me an email  
**Steph@StephPeltier.com**

[www.StephPeltier.com](http://www.StephPeltier.com)