

# You and your wellbeing

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# Where are we going?









PAUSE





# Notice



Breathe





Stretch





Your wellbeing  
on a scale of 1-  
10?



NOW



# THE PRESENT MOMENT

is the field on which  
the game of life happens.

Eckhart Tolle





SELF  
CARE  
ISN'T  
SELFISH

Eat





Sleep



Relax





Move



Connect





Connect



What area will you  
work with on your  
personal plan?





Eat

Sleep

Relax

Move

Connect











A large school of silver fish, possibly sardines, swimming in clear blue water. The fish are densely packed and moving in a coordinated pattern, creating a shimmering effect. The background is a deep blue, suggesting an underwater environment.

Be in love  
with your  
life-  
Every  
minute of it

## Your facilitator



## Susan Mair

Business Partner

(Organisational Development,  
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