

Mind Fitness Tips for Success at Work

In today's fast-paced work environment, with lots of deadlines, requests and distractions, stress can overtake us. This can impact our ability to get things done because emotion prevents us thinking clearly. It can then be hard to make the right decisions and hard to make any progress at all.

This Mind Fitness talk will empower you with practical ideas and tips to help you manage your mind, your focus and your decisions during the working day.

Topics

The following topics are covered:

1. Dealing with Challenges and Setbacks
2. Resetting and Rebalancing your Mind
3. Moving Forward in Any Situation

Duration and Format

This talk can be delivered in-person or online using your preferred collaboration tool. The session lasts 60 minutes. This includes:

- Introductions and requirements
- Presentation of Mind Fitness ideas and tips via SlideShare
- Q and A to answer specific questions

Participants will receive a copy of the material presented plus access to the Mind Fitness template.

Presenter

This talk is delivered by Productivity & Wellbeing Consultant Moira Dunne, the co-founder of beproductive.ie

You can read about her 30-year corporate career here:

<https://beproductive.ie/about/>



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This talk is also available as a prerecorded [40-minute video](#) that you can save on your Workplace Wellbeing hub.

Online delivery - €350, option to record = €50

In-person delivery - €400

Prerecorded video = €250