

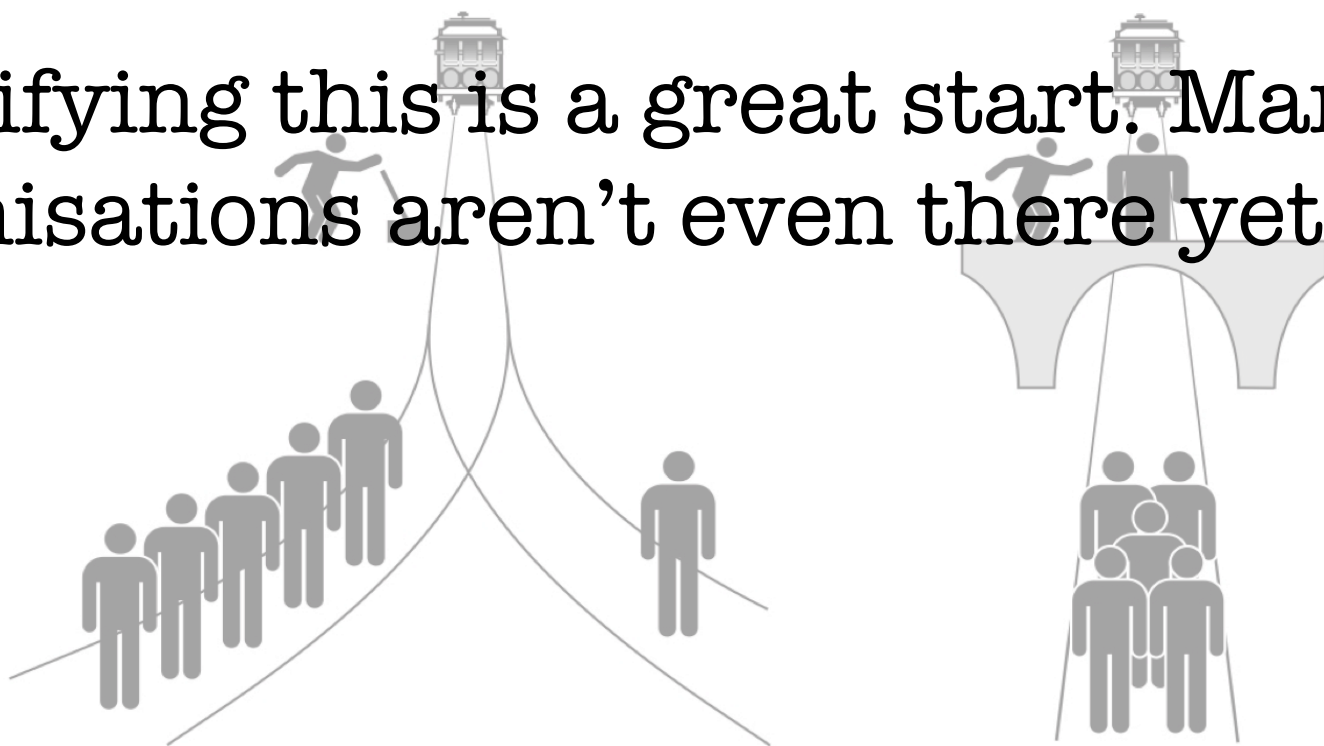
Hello. We're a wellbeing consultancy

First we listen to the problems you're experiencing in your organisation. Then we offer solutions which help bring about change. We do this in the form of talks, workshops, masterclasses and online workshops.

It all starts with a problem

So, you have clear issues, such as absence, staff turnover, presenteeism, stress? Or maybe you just know things could be better when it comes to staff health and engagement. You know that these problems can hold your organisation back & realise that by addressing these you will boost happiness and productivity & therefore **profitability**.

Identifying this is a great start. Many organisations aren't even there yet.



The corporate concern

“Overworked?
24-Year-old
marketing agency
staffer dies
after heart attack
at desk”

“I’ve seen people
strain their health,
relationships and
family lives, for what?”

“Stress Career
Young Woman Dies
After Tweeting That
She Worked 30 Hours
Straight”

“When fear rules our
lives, even the most
amazing calling in life
can be downgraded to a
career. On the
trajectory of fear,
careers wane through
the grey purgatory of
jobs, and jobs break
down in quivering
heaps at the fiery gates
of slavery.”

25% of people view
their jobs as the
number one stress in
their lives

The worldwide stress pandemic is costing us dearly

Burnout is a global pandemic

Worldwide, 13% of employees are engaged at work (Gallup)

1 in 10 people take antidepressants in the US, Iceland, Australia, Canada & the Nordics (NY Times)

Antidepressants were the area with largest increase in prescription items in 2016

In the UK, stress results in 105 million lost workdays each year

In Germany, stress is now the no.1 cause of early retirement, burnout costs the country an est. €10bn per year

What we offer

- ☀️ Corporate talks, workshops, programmes, seminars, master classes & transformational leadership retreats
- ☀️ Filming and hosting of any of the above so you can offer out to more staff & widen the reach
- ☀️ Physical wellbeing sessions such as yoga, shiatsu, wild wellbeing (connecting with nature)
- ☀️ 1-1 wellbeing coaching & mentoring – nutritionists, health coaches, meditation experts for example
- ☀️ A wellbeing platform offering video workshops and written content on wellbeing topics
- ☀️ Workplace wellbeing design – our vaastu, feng shui, mindfulness & de-clutter experts transform workspace energy from tired to vibrant

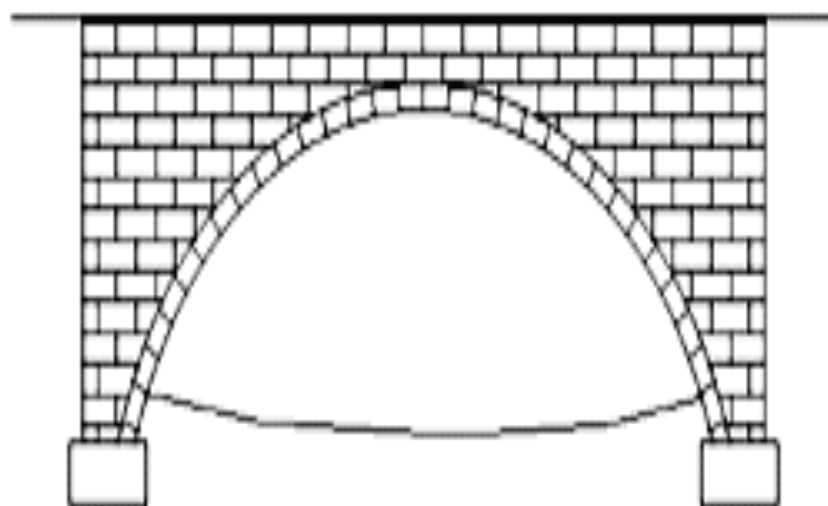
develop a
wellbeing
culture
not a
leaving
culture.

Our approach

The Life Adventure focuses on life techniques based on philosophical principles from both the West and the East that no one's ever really taught us, those which can have a profound positive impact on our work and home life.

Live talks and online workshops are designed to help your staff feel more emotionally supported, give them tools and techniques on how to live their lives more fully, how to be more present and how to operate at their best at work.

All this has a very positive effect on your organisation's **bottom line**.



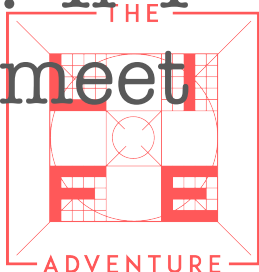
Validated by some of the greatest business leaders of our time

Arianna Huffington urges employees to leave their desks at lunchtime, utilise meditation and yoga practices offered, use all vacation days & leave email worries at work.

Sweden officially moved to a 6-hour work day to increase productivity and ensure that people have the energy to enjoy their private lives.

Paul Polman, CEO Unilever, “The moment you discover in life that it's not about yourself, that it is about investing in others, I think you're entering a steadier state to be a great leader. Because above all, I think the main quality of a leader is to be a human being.”

Jack Ma, Found of Alibaba “It's very difficult to know the outside world, but you know yourself. You know your need and what you want. If I know myself better, I can change myself to meet the outside world.”

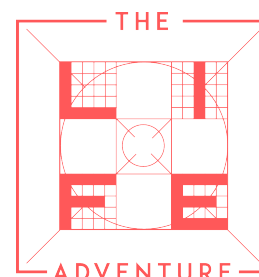


Some feedback

“The excellent service and the quality of speakers from The Life Adventure was amazing. They quickly understood our brief and it could not have been realised in a better more enlightening way, and with great speed too. Their speaker’s messages were motivating, insightful and enjoyable and left staff feeling refreshed and equipped with new ways to approach work. The project left a tangible impact on wellbeing and resilience for a better way forward.”



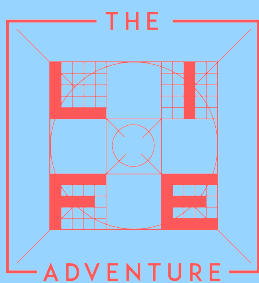
Department for
Business, Energy
& Industrial Strategy



Online video workshops

that complement our in-person
talks, masterclasses & workshops.

These are bite-sized, practical
takeaways for your staff to watch
at any time on any device on topics
such as..



Topics



The Magic of Manifestation (E-COURSE)

Dr Shomit Mitter



Re-Wild Yourself (E-COURSE)

Nick Michell



Super States – Life Changing Tools (E-COURSE)

Phil Parker



Leadership: What it really takes (E-COURSE)

Dr Shomit Mitter



Mindfulness in the Workplace (E-COURSE)

Rohan Narse



What about YOU? Empower Tools (E-COURSE)

Jamie Catto



Joy School (6 wk programme for individuals or organisations)

Lynn Hord



How to be Resilient (E-COURSE)

Rowan Gray



Transformational Leadership (E-COURSE)

Peter Merry

A few more..

negative
narratives

Negative Narratives

The Life Adventure

purpose

Purpose

The Life Adventure

states
of
avoidance

States of Avoidance

The Life Adventure

physiology
of
stress

The Physiology of Stress

The Life Adventure

mindfulness
in the
workplace

Mindfulness in the Workplace

Dr Shomit Mitter

the
game
of power

Playing the Game of Power

Dr Shomit Mitter

all work
no play

All Work & No Play

Dr Shomit Mitter

leadership

Leadership

Phil Parker

movement

**Movement for Organisations
(OFFLINE WORKSHOP)**

The Life Adventure

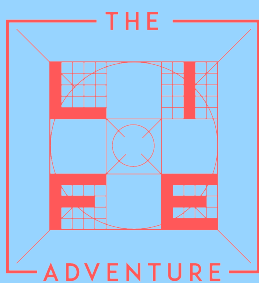
mindfulness
in the
workplace

the
game
of power

all work
no play

Office-based & offsite programmes, workshops & retreats

Here are a few examples which
will impact people way beyond
the here & now



1. Inner Rhythm Breakthrough

An ex-investment banker & CEO, Rohan experienced a physical, emotional and mental burnout. What he now shares with you is based on his own experience. His techniques are fully integrative and free of any conceptual clutter.

Inner Rhythm will engage you when you are at your most receptive to learning. It's a 30-day breakthrough programme providing leaders with a comprehensive tool-kit to increase energy, resilience & creativity in order to unlock and release one's full potential. It requires between 8-10 minutes a day of attention & incorporates workshops sessions as well as a web-based platform & mobile app to ensure the positive changes are embedded long-term. The impact of this programme is measurable & the desired changes in behaviour, perceptible.

2. Work, Rest & Play

Jeannette, our nutritional therapist, makes regular appearances on BBC radio & TV, breaking down complicated nutrition science into digestible chunks. Healthy eating is key to both fewer sick days, improved performance at work & higher levels of happiness & wellbeing. Absence due to sickness has been estimated to cost UK employers an average of £780 per employee per year & obesity figures (with associated risks) are set to rocket.

This progressive programme is based on cutting-edge nutritional science, focusing on preventing illness & encouraging a high rate of adoption. It's designed to:

- Help staff learn to make beneficial food choices throughout the day to stay energised & focused, manage weight & build resilience.
- Encourage eating to match heritage & genes to avoid major illnesses that may run in families.
- Suggest foods to aid relaxation & sleep, mitigate stress & prevent coughs & colds.



3. Storytelling For Wellbeing

Our storyteller Preethi is a Harper Collins published author & has been described by the FT as “the storyteller who makes up the skills gap”. Storytelling has the power to influence & change both individuals & organisations. It is an art form increasingly used to sell a concept, idea or set of values both internally & externally.

On this programme we'll explore the work of a storyteller & see how great stories are put together. You'll learn about the tools they have at their disposal and then use these to put great stories together both in a group & individual context. You'll come away with the skills of a storyteller along with a newfound creativity, a fresh innovative perspective and learn the power to influence through story. This workshop can be taught across all levels from senior leaderships teams and down the line.



4. Motivating Yourself & Others

Our presenter Fiona is a Professional Co-Active Life, Ph.D. scholar, author & speaker coach for Tedx. Her professional experience flows from her passion in engaging people in ways we can live richer, fuller lives.

Motivation is the difference between waking up excited about the day ahead and dragging yourself out of bed with a heavy heart. It is the key to unleashing potential and realizing our greatest achievements. But according to recent studies, only 16% of people are actively engaged in their working lives. The vast majority are just turning up and coasting to pay the mortgage.

Join us for an energising day's intensive that will help you motivate yourself and the people around you..

5. Joy At Work

Our presenter, Lynn Hord, is known as the Joy Coach. She's a certified coach, speaker, writer and trainer who has witnessed time and again the power of joy to infuse people with motivation, energy and enthusiasm. In the work place, a lack of productivity can be directly tied to a lack of enjoyment in what you do.

Our Joy@Work is a 6-week, online, group experience designed to boost productivity, performance and profits, by helping people tap into and increase their joy at work. Results you'll see include:

- ♥ More productive and efficient staff
- ♥ Teams that are even more collaborative
- ♥ Increased innovation and creativity
- ♥ More positive and engaged employees
- ♥ Better staff retention
- ♥ New recruits choosing you over the competition
- ♥ And an overall happier workplace

6. Active Listening

In today's fast-paced world, active listening is vital & life changing. Whilst it's recognised that being an active listener is crucial for building relationships & communicating effectively, research shows that 94% of us simply hear what others are saying and only 6% *actively listen*. This workshop is the starting point to:

More **meaningful relationships**, as the first step towards developing trust.

Building **deeper connections** with your clients and work colleagues.

Better, more **creative and original thinking**, by having more time and space to do so.

Increasing time, energy and money by incurring fewer mistakes and by getting it right first time.

Improving your **emotional wellbeing** and feeling good about yourself.

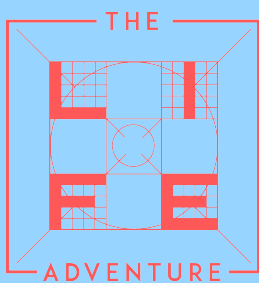
Feeling **less stressed** and pressured through being able to express yourself more easily

Greater self awareness, **self esteem**, **confidence** and presence.



Lunchtime Power Talks & Workshops

Here are a few examples to get
your people fired up,
invigorated & fascinated – at
lunchtime or indeed, anytime



These topics can be created as anything from 1-2 hr talks to longer workshops (both on & offline) and retreats. We also create bespoke talks & workshops around the problems you want to solve.

♥ Leadership: What It Really Takes

♥ How to lead with vision

♥ How to lead with authenticity

♥ Compassionate Leadership

♥ Authentic Leadership

♥ How to Sleep More Soundly

♥ How To Manage Change

♥ How To Motivate Yourself & Others

♥ Developing Resilience

♥ Tools To Cope With Stress

♥ Breakthrough Techniques

♥ What Emotional Intelligence Really Means

♥ Memory Techniques For Life

♥ Mindfulness Techniques At Work

♥ Using NLP To Instantly Change How You Feel & React

♥ How To Achieve Goals

♥ How To Remember Anything

♥ How To Prevent Burnout/Optimise Performance

♥ How Breath Can Transform Your Work

The Life Adventure works because...

We'll help you create a healthier, more resilient workforce better equipped for stress

Our programmes provide a more consistent approach that drives a cultural change towards wellbeing across the organisation

All our experts work from the standpoint that emotionally mature people make for better businesses

We enable managers to have a greater understanding of their people

Online workshops give your staff control, ownership & flexibility over content consumption

The platform can be offered as part of a personal development plan & staff benefit

Live stream opportunities for engagement & testing new content & ideas

The video platform is in an easy-to-use, simple, coherent format

Encourage staff to suggest future content which makes them feel involved & valued

Platform delivers bite-sized, in-depth 24/7 learning; desk, home, PC, mobile



“Loving this wonderful series by The Life Adventure. I’m learning so much about myself and how to use these incredible new techniques.”

“This workshop by The Life Adventure is not to be missed and is underpinned by study and a wealth of experience. Their presenter sensitively explores and unravels the various elements of people's emotional and physical concerns and helps us to reconnect with our thoughts and feelings.”





Let's talk.

What wellbeing problems can we help you solve?
For more information on how we can best work together and to take a look at how our survey or programmes will work for you, please do get in touch.

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THE

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