



**Humble**  
Health & Performance optimisation

# Hello,

My name is Dr Bhatia I'm an NHS GP and holistic wellbeing consultant, specialising in sleep support.

Combining science, holistic insights and practical support, I've helped hundreds of people to transform and thrive. I'd be delighted to help you too.



## What would you like to improve?

### Live well

Optimise lifestyle habits



Sleep



Nourish



Move



Soothe

### Feel alive

Physical-mental-social health



Think



Feel



Habits



Relate

### Do good

Perform well with purpose



Effective



Work



Home



Meaning

## When you get in touch

I like to listen and work with what you've got. We can work online and in person (based at Sulis Hospital or Pucklechurch Surgery). We can adapt the sessions to suit you, most people see progress after 1 session and great results in 4 weeks.

**"You have changed my life in such a wonderful way!"** Mrs C A

**"After 20 years of insomnia I'm finally free!"** Mrs B D

For fees and to find out more go to:

[humble.info](https://humble.info)

# The Humble way

At the heart of Humble is presence because we are simply present together in four simple steps.

When you get in touch we...

1. Start where you are
2. Help you Choose what really matters
3. Then Do what really helps
4. Taking the time to Relax and shine

As simple as they sound, the four steps work by nurturing acceptance, mastery, agency and purpose. So wherever we begin these four qualities help bring out our best.



## Meaningful & Fun

Combining the well-being basics with expertise in performance optimisation (habits, teams, timing and flow) our results have been profound.

### Master the well-being basics



### Optimise your performance



## Here are some examples of the work we do

<b>Individuals</b>	1:1 sessions tailored to your needs (online & in person) Courses for groups (Super Sleep, Surfing Stress, Nourishing vitality...)
<b>Teams</b>	Health and well-being support (assessment, help & monitoring) Performance development (seminars & workshops) Team working (spaces to share “mistakes” & nurture innovation)
<b>Consultancy</b>	Leadership guidance and strategic support. Developing the strengths & needs of your organisation.
<b>Research</b>	Published, presented internationally & transforming medical training.

**“Any individual and organisation is in safe hands ... prepare to change !”**

### Professor T Thompson

Head of primary care, Bristol university

To get in touch or find out more: [humble.info](https://humble.info)