

# Humble

## Health & Performance Optimisation

### Simple

Put simply, **we help you bring out your best**. For over 20 years our pioneering team of doctors have empowered thousands of people to transform their lives and thrive.

Live well, feel alive and do good

### Effective

We've been told our Humble approach is **"unique"** and **"life changing"**. Working with your team we make it easy to improve the way you live (mindset and lifestyle habits), profoundly improving your health and performance.

**"It really works"** – simplifying science, into practical skills and personalised support.

**"It's better than a pill"** – so effective that our approach is taught in medical schools.

**"It makes financial sense"** – with an expected return on investment more than 4:1<sup>1</sup>

**"It's fun"** – engaging and inspiring participants, with 98% highly recommending us.<sup>2</sup>



### Empowering

You can choose from a range of offerings including goal focused and holistic workshops, bespoke courses, leadership consultancy and support for the healthy culture of your organisation. And if you are not sure we'd be delighted to help.

### Wellbeing Assessment

Highlighting the strengths and needs of your team helps us help you better.

### Leadership and Management Training

Supporting your leaders to nurture their potential and inspire their teams.

### Workshops for your team

Designed to cultivate individual health and collaborative working cultures.

Ref 1 £1 spent on staff wellbeing → £4 ROI by reducing absence and Improving performance. Deloitte LLP 2019

Ref 2 Audit of 102 participants on a Humble living well course presented at European Congress of Integrative Medicine

# Workshops designed to bring out your **BEST**

## **BODIES: PHYSICAL HEALTH**

### **SUPER SLEEP** (a great place to start)

Make sleep your superpower, manage insomnia, menopause, kids, shifts & travelling

### **SURF STRESS** (an antidote to burn out)

Learn how to surf stress, create calm and manage distress to bring out your best

### **NOURISH VITALITY** (this should be taught in schools)

Nurture your needs, appreciate your appetites, dodge dangers & make healthy habits

### **MOVE FREELY** (better than a pill)

Learn fun ways to move freely, avoid injury, recover function and enjoy exercise

### **AGE WITH GRACE**

Explore the evolving science and art of ageing well, to explore and enjoy a wonderful life

## **EXPERIENCES: MENTAL HEALTH & PERFORMANCE**

### **GET MIND SET** (great for students of all ages)

Optimise your neurobiology to focus, harmonise, transform and release your potential

### **FLOW WITH FEELINGS** (feel better by getting better at feelings)

Learn the science and skills to nurture emotional health in oneself and others

### **PERFORM BETTER**

Set up systems & practice skills to make better mistakes, prepare & peak performance

### **HEALTHY HABITS**

Learn to make healthy habits stick and compassionately forgive and rewire addictions

### **MEDITATION MADE EASY & JOYFUL JOURNALLING** (Simple and Profound)

Combining pioneering science & ancient wisdom to optimise physical and mental health

## **SITUATIONS: HEALTHY ENVIRONMENTS**

### **DESIGN YOUR DAY** (Pioneering chronobiology and personal ecology)

Harmonise natural rhythms and healthy environments to bring out your best

### **SURVIVE & THRIVE IN MODERN LIFE** (essential modern life skills)

Dance with digital, chemical and social powers, so they enhance and not control your life

### **AMAZING LIFE ADMIN**

Simple strategies to organically organise emails, tasks, calendars and secure data

### **BALANCING BOUNDARIES**

Learn to balance life at home, work, play and away with a healthy sense of space

## **TEAMS: HEALTHY RELATIONSHIPS**

### **REVOLUTIONARY RELATIONSHIPS**

Respect and relate well. Celebrate characters, cultivate charisma and enable empathy

### **TEAM WORKING**

Unite teams with a common purpose & process, valuing diverse perspectives & powers

### **CHANNELLING CONFLICT**

Optimise communication and create a culture where conflict is channelled constructively

### **FLOURISHING FAMILIES**

Explore the science and develop strategies to nurture resilient and flourishing families

# Humble Health & Performance

## Working with you

We like to get to know you and tailor our offerings to suit your needs so our first chat is **free**. We also share lots of free online wellbeing resources too.

Offering value and transparency, our fees are on the [pricing page of our website](#). If you let us know your budget we can find a way to work with you.

Appreciating the importance of community, we offer discounts to schools, NHS, socially responsible organisations and regular clients.

## To find out more

Visit [www.humble.info](http://www.humble.info) or email [team@humble.info](mailto:team@humble.info) to book a free chat



Huge numbers attended &  
the feedback was  
phenomenal!

Laura Mckay – Bupa health

Blending scientific evidence with  
experiential pizzazz...your  
organisation is in safe hands.  
Prepare to change!

Professor Thompson – Bristol University



We enjoy working with a range of organisations

