

# WHERE WELLNESS WORKS BEST



Building a culture of health  
and wellness into the working  
environment.



## MENTAL WELLBEING **WORKSHOP**

Understanding the what, why & how of all things relating to mental wellbeing. Being equipped with the tools & tactics to manage our thoughts, emotions and feelings effectively throughout our everyday life.

A serious topic delivered in a light-hearted and engaging fashion. The workshop will focus on understanding our own mental wellbeing, and the simple ways in which we can take care of ourselves, as well as be a support to those around us.

Stress management, Mindfulness and Resilience are at the core of this.

**MENTAL WELLBEING**



# NUTRITION WORKSHOP

## HEALTHY COOKERY WORKSHOP

Food is your friend! Healthy eating made easy. A food workshop, demo and tasting that is fun, interactive and will make healthy eating easy to implement into our busy lifestyles without the extra stress & often overwhelm that can be associated with improving our eating habits. A workshop inspiring attendees to consider what they eat daily & develop a healthier relationship with food. Real life strategies not hocus pocus unrealistic nutrition guidelines. How you can eat pizza, drink red wine & stay in shape & be healthy .

Nutrition Workshop



# LIFESTYLE CONSULTATIONS

Our one on one consultations are bespoke to each individuals lifestyles and needs.

Titan believe being organised, disciplined, happy, fit and hard working you can achieve anything in life. Our lifestyle 6 week program gives your employees simple tips on how to structure their day, in terms of sleep, nutrition, rest, family, training and awareness of their daily thoughts and actions.

Lifestyle consultations – 6 Week Program - Price on request



## Sleep Seminar

Sleep is a vital component for our overall health and wellbeing. Sleep is often neglected which then affects our overall function of our physical and mental wellbeing. Titan Wellness will educate your employee's with top tips to improve your sleep and scientific research on how it can improve productivity in the workplace, your mood and your social and emotional intelligence.



## Executive Coaching

Do you want your employee's to improve their self awareness, show empathy to their colleagues,empower people and motivate your business?

Titan's experts can provide a seminar or coaching programs bespoke to your companies needs in executive coaching.

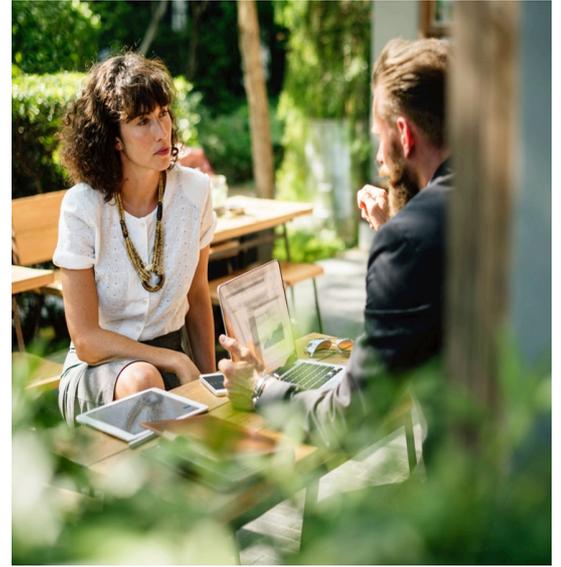


## MINDFULNESS WORKSHOP

Tiitan provide mindfulness workshops and 6 week programs that will educate your employee's on the importance of understanding your feelings and setting goals.

Mindfulness practices can help us to increase our ability to regulate emotions, decrease stress, anxiety and depression. It can also focus on attention, as well as to observe our thoughts and feelings without judgment.

MENTAL WELLBEING



## FINANCIAL WELLNESS WORKSHOP

Money plays a very important role in our lives, we need to assist and educate our employees on how to manage their financial wellbeing. Our workshop will provide information on budgeting and simple tips on how to structure your finances which will long term reduce stress and help you achieve your life goals.



## FINANCIAL WELLBEING



## TEAM BUILDING

Do you need to get out of the office as a group? Does your sales team who are on the road need some collective motivation and fun? Do you want to bring a TEAM ethos into your companies philosophy?

Why not try our team bonding day - Fitness challenges, team mental skills day , treasure hunt ,office Olympics, Muck of Kells Adventure race and much more.

Team building - on request



## LAUGHTER THERAPY

Is your company looking for laughter therapy? Laughter triggers the release of endorphins, the body's natural feel-good chemicals, it decreases stress and anxiety and brings a group together. Titan are delighted to have Joe Rooney famously known for his roles in Father Ted as father Damo, Killinascully and been on a stand up comedian for over twenty years.

Laughter therapy



# PHYSICAL WELLNESS

## ONSITE

Our goal is to improve fitness levels, strength ,mobility and injury prevention of your employees. Having a strong core and good posture can bring huge differences into your daily life at work and at home. We have a variety of onsite classes to achieve this.

**Yoga / HIIT / Strength / Mobility / Boxercise / Pilates**

## WELLNESS HUB

Does your company need a Wellness Hub where your employees have access to an onsite gym, chill out zone, physiotherapist room or salon.

Titan Wellness provide state of the art bespoke wellness hubs or fitness rooms that can add to your long term wellness program. **All gym equipment purchased can be subsidy through Titans unique grant system.**

This will enhance the culture within your companies working environment, create a team ethos and improve the health of your employees.

## OFFSITE

Couch to 5k – Running program – Titan wellness encourage movement to be part of your life. We believe that group training can enhance productivity, improve communication, leadership and fitness levels when employees train together. Couch to 5k is an easy and enjoyable program that suits all levels of fitness. Titan will complete a short assessment on participants pre program and we will have a coach onsite motivating and implementing the programs around the surrounding areas of your premises.

**Physical services - All on request**