



## SERVICES

Training Sessions and Programmes  
Talks and Presentations  
Team Development Days  
Additional Support Signposting  
1-2-1 Advice and Guidance



## ADULT EDUCATION

FitHead believes that learning and development should be worthwhile, interesting and relevant. Using various delivery methods and with a straightforward and engaging approach, the sessions will leave a lasting, positive impact.

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[www.fithead.uk](http://www.fithead.uk)

## BESPOKE SERVICE

All services are adapted to meet the needs of your organisation. If you have any other areas of development, please contact us to discuss available options and support.

## MODULES

Wellbeing at Work  
Promoting Wellbeing at Work  
Maintaining a Work / Life Balance  
Communication and Team Dynamics  
Building Resilience  
Confidence and Motivation  
Dealing with Challenging Behaviours

Sessions can be 1, 2 or 3 hours  
Delivered on and off site  
In person and online  
Flexible timetable available  
Availability on evenings and weekends

**FitHead's aim is to train the brain - it's all in the name.**