



STUDENT EDUCATION

Post-Primary

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

SERVICES

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



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

Health & Wellbeing
Mindset & Motivation
Nutrition & Exercise
Confidence & Self-Esteem
Time & Diary Management
Consent & Personal Safety
Career & Education Pathways

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

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