



ZENVAL



Zenal is a Wellbeing and Coaching Company based on the life experience of Great Britain Paralympic Canoeist Tim Lodge. Over the last 8 years Tim has transformed his life from a successful 20 year career in the city to a high performance athlete and wellbeing expert. He is now using his amazing life experiences to help people develop physically and mentally.

Zenal has developed Life Learning Workshops that focus on key areas of transformation and change. Each subject is related to real life experiences that everyone can relate to and understand. The categories below are subject matters that are expanded into a library of over 30 workshops.

WORKSHOP CATEGORIES

MENTAL FITNESS
MINDFULNESS PRACTICES
EXERCISE AND CONNECTION
FAMILY LEARNING
LEADERSHIP
MENS MENTAL HEALTH

On our journey together, we bring new, relatable perspectives that bring learning and change. We will introduce you to, practices and knowledge that has helped Tim on his life journey of physical performance, mental wellbeing and personal growth.



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ZENVAL

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ZENVAL DELIVERY

At the start of your journey with Zenval, you will be guided through Tim's amazing story of transformation and change. This story can be experienced in person or via Teams with live Q&A and interaction.

As part of this process, we will manage a confidential staff questionnaire around wellbeing and mental health. We then use this to structure an ongoing program of workshops, which can be taken as one off pieces of work or part of an existing employee wellbeing or engagement program.

We can also provide your own company social media private channels. These channels on Instagram or Facebook are filled with weekly content to motivate, support and inspire your teams. Content includes, videos, quotes, book and film reviews and Zenval life experience clips.

As part of this package, Zenval will visit the business every 3 months to carry out 3 interactive workshops on areas that have been of interest to your teams throughout the quarter.

These workshops and content are a unique experience of learning based on real life experiences. You will find your teams can relate to all the areas of transformation and change and feel supported whilst learning content that will help them in their work and home lives.



Client feedback

"I have never heard mental health discussed in the workplace in this way, I can't thank you enough for putting this together. Just listening for that hour has helped me today"

"Listening today has made me dust of my trainers to go running again"

"No matter what held him back he didnt give up, amazing"

"For any business still wondering where to start on wellbeing, I can heartily recommend you start, as we did, by speaking to Tim"

"He uses simple, day to day stories, so it's very relatable. Offering simple tips & tricks that anyone who is interested can use. Sincere thanks for organising these talks, I have learnt a lot myself and hope that it will enable me to be a "Whole" individual both at work and home"



Recources

Click on the following links to find out more about Tim and his work with Zenal

Podcast

https://shows.acast.com/the_rewriters/episodes/s1-ep4-the-rewriters-self-acceptance-and-coming-full-circle-

Interview

<https://athletemedia.co.uk/article/tim-lodge-para-canoe-mental-health/>

[WEBSITE](#)