

# ZENVAL WELLBEING

LEARN THE ZENVAL WELLBEING PILLARS  
TO LIVING A RICH AND MEANINGFUL LIFE



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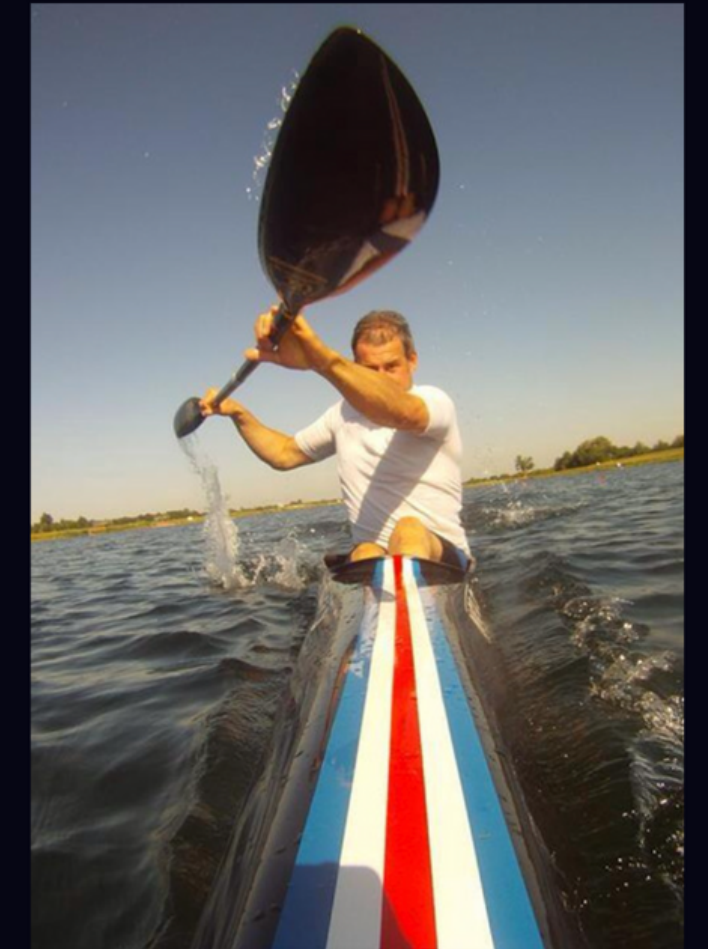
Presented by:  
Tim Lodge

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**ZENVAL IS A WELLBEING AND COACHING COMPANY BASED ON THE LIFE EXPERIENCE OF GREAT BRITAIN PARALYMPIC CANOEIST TIM LODGE. OVER THE LAST 10 YEARS, TIM HAS TRANSFORMED HIS LIFE FROM A SUCCESSFUL 20-YEAR CAREER IN THE CITY TO A HIGH PERFORMANCE ATHLETE AND WELLBEING AND MINDSET COACH. HE IS NOW USING HIS AMAZING LIFE EXPERIENCES TO HELP PEOPLE DEVELOP PHYSICALLY AND MENTALLY.**



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# KEYNOTE

At the start of your journey with Zenva you will be guided through this incredible story of transformation and change.



Tim spent his 20s and 30s living the high life with a successful career in corporate finance and financial software, travelling the world. But although on the outside he had all the trappings of success, on the inside he was suffering and by his 30s he was drinking heavily and suffering from anxiety and depression. That all started to change when aged 41 he received a phone call that would change his life in ways he could never have imagined.

Tim's story is remarkable, from an unhealthy 41-year-old sales director to a Paralympic Athlete on a podium winning medals for his country.

This is not a story of achieving the unimaginable, this is a story of self-discovery, self-acceptance and coming full circle, it's a story of one man and his boat.

The audience will listen to a whistle-stop story of Tim's life from being born with a severe disability in both feet and having over 55 anaesthetics to becoming an athlete in his 40s pushing human performance to the maximum level. There are many bumps along the road, and Tim's honest approach to sharing will enable the audience to engage and relate to the many barriers he has broken through to be the person he is today. Focusing on areas like self belief, anxiety, depression, suicidal ideation, addiction, self acceptance, the power of uncertainty, facing fear and resilience.

The session will be concluded with a Q&A where Tim will answer any questions the audience would like to ask.

# ZENVAL 5 PILLARS WORKSHOPS

Each workshop includes a 30-minute talk from Tim followed by audience participation and follow on learning content. This is a guide and can be tailored to the requirement of the client and team depending on the specific areas of interest over a period of time. Clients will normally provide a monthly session for their team over a 5-month period. Tim can then provide 121 or team coaching on a weekly basis online or in person to enable people to make change and live a rich and meaningful life at work and in their home lives.

1

## YOUR PHYSICAL BODY

Exercise and Connection.  
Diet and Nutrition.  
Sleep.  
Breaking through limitations  
to a high performance  
mindset.

2

## MENTAL FITNESS

Training your mind.  
Resilience.  
Self awareness.  
Active listening.  
Understanding stress,  
anxiety and depression.

3

## BUILDING HABITS

Daily planning.  
Living by your values.  
Manifestation.  
Training thoughts and  
emotions.  
Work/Life balance.

4

## MINDFULNESS PRACTICES

The power of breath work.  
Simple meditation.  
Journaling.  
Stretching and Yoga.  
The power of the cold.

5

## HUMAN PERFORMANCE AT WORK


Personal development  
Communication skills.  
Judgement and conflict.  
Dealing with stressful  
situations and projects.  
Setting boundaries and  
managing expectations.

# HOW WE DELIVER

- Each of the 5 pillars are provided as separate workshops.
- The workshop is a learning experience and not a talk.
- The first 30 minutes will be a presentation of the subject and life experiences of change.
- This will be followed by a 20-minute Q&A to gain insight on the topics of interest to the audience.
- We can then build ongoing content for the members of the team that want to continue on the learning either on a team or 121 basis. The courses will have full guides and homework each week to inspire and teach new skills and habits.



**In Person - to entire team**



**In person - 121 or small teams of up to 5 people**



**On Line - 121 or up to entire team**

# HOW ARE WE DIFFERENT

- Our research and feedback from our workshops has demonstrated that when people simply listen to a talk, the information isn't retained for long.
- People are busy, and they tend to go back to their jobs and forget quickly. The majority of what they have heard will go to the back of their minds.
- By presenting real life experiences of transformation and change, people relate immediately, listen and learn.
- We work through the relatable experiences and enable people to apply them to their lives.
- By providing ongoing content and support, people will develop and feel motivated throughout the entire journey. We have seen great success with group chats and ongoing online sessions with teams and individuals. At Zenal we will set up and manage this entire process for you.
- It gives people the opportunity to share and get help when they wouldn't normally be inspired to see someone on their own through fear of failure or not being good enough.



# NEXT STEPS

To meet with the leaders within your wellbeing, HR or management function to discuss the workshop content in more detail.

In our experience, we believe that the best value for your team is the complete 5 pillar offering with ongoing contact and learning. However, we are also happy to discuss one off pieces of work.

We also provide ongoing learning and development content as part of your wellbeing programs by way of a retainer. This will include 121 or team sessions with Tim to manage the learning process and inspire people to make changes they never imagines they could.

Pricing is discussed, and the final proposal will be delivered.



## HERES WHAT OUR CLIENTS SAY

"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 off my trainers to go running again"

"I was on heavy painkillers for over 7 years, suffering from anxiety and depression. Working with Tim has enabled me to see that anything is possible. After a few months of 121's with Tim I am now off all my painkillers and am able to function better as a human being, thank you, Tim your story and coaching has changed my life"

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

"Tim 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"







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**THANK YOU FOR READING AND WE HOPE TO WORK WITH  
YOU IN THE FUTURE**

**TIM.LODGE@ZENVAL.LIFE  
WWW.ZENVAL.LIFE  
07361616308**