

Boost You! For Leaders

Next 6 Week
Programme
Commencing
September 2026

All sessions take place between 7-8pm on:
22nd & 29th September, 6th & 27th October, 3rd & 10th November



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This programme does exactly what it says, it boosts you and your energy and allows you the space to apply your attention to leading and inspiring others.

PETER FELTHAM
CHILDREN'S SERVICE MANAGER
BARNARDO'S

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Our weekly modules hosted by our specialist facilitators will cover a variety of Themes.

- The Science of Stress & "The Re-Set"
- Resilience & Breathwork
- How to be Confident as a Leader
- Creating New Habits for Personal & Work Life
- Improving Your Energy by 20%
- Creating Your Personalised Attunement Plan



Kate Pigeon-Owen
CEO & Wellbeing Consultant

Scan the QR code to find out more
by booking your 1-1 with Kate



www.wellbeinginternational.co.uk