

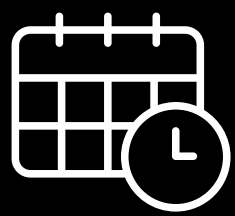
# YOUR INVITATION



The Insurance  
Institute of Guernsey  
Chartered Insurance Institute



The Insurance  
Institute of Jersey  
Chartered Insurance Institute



**Tuesday 12th November 2024**  
**10.30am-11.30am**



**Online Webinar**  
Zoom

## FOOD FOR MOOD

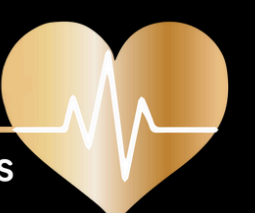
**Although your brain is only 2% of your body weight, it consumes 20% of the calories you eat. Join this webinar to discover:**

- 🔍 how the food you eat can impact the way you feel mentally
- 🔍 the nutrients that can support your brain health
- 🔍 how you can nourish your mind with the food you love, simply, speedily, and without breaking the bank



**Leap Health**

WORKPLACE HEALTH SOLUTIONS  
For Performance & Productivity



Look out for the email invite or contact

✉ [iiglunch@islands.gg](mailto:iiglunch@islands.gg)



Personal  
Finance  
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Standards. Professionalism. Trust.



Chartered  
Insurance  
Institute

Raise the ROI of your meeting, by investing time for the wellbeing of your PFS AND CII

# PFS & CII RAISE THE ENERGY SESSIONS



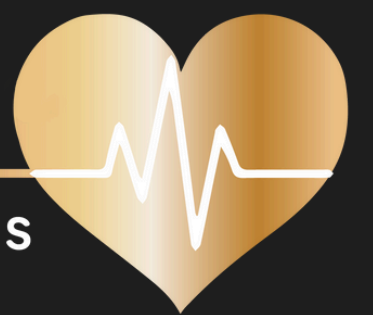
## ABOUT US



Leap Health

WORKPLACE HEALTH SOLUTIONS

For Performance & Productivity



Leap Health has worked with PFS & CII delivering a successful programme of webinars around various aspects of health & wellbeing including WFH, Nutrition, Burnout and Sleep..

“Raise the Energy Sessions” are short sessions designed to raise the energy of your audience, motivate them to incorporate healthy steps into their workday, increase performance and drive the return on investment from your meeting.

## SESSIONS INCLUDE

- ✔ Optional audience participation
- ✔ Questions, information & actions to consider that drive healthy change
- ✔ Simple solutions to drive health, wellbeing & productivity
- ✔ Follow up resources
- ✔ Opportunity to gain clarity on areas that individuals find challenging or they are confused by
- ✔ **ENERGY!**

## THE PROCESS

- ✔ Protected time with event organiser to make content relevant & specific
- ✔ 30 minutes Raise the Energy in person session facilitated
- ✔ 1 hour drop in session on the day for attendees to have a 1:1 discussion with any questions or queries
- ✔ Feedback provided

[anna@leaphealth.co.uk](mailto:anna@leaphealth.co.uk)  
or

**BOOK YOUR SESSION BY EMAILING** [alison.tilzey@thepfs.org](mailto:alison.tilzey@thepfs.org)