

Over
6, 12 or 18
weeks

Mind & Productivity Reset

Reduce stress & boost performance

SESSION	FOCUS
1	CLUTTERED TO CLEAR **RESETTING YOUR MENTAL SPACE** Mental load, decision fatigue; the neutral aspect Identify top 3 energy drainers, daily breathwork
2	FOCUS REWIRED **ESCAPING THE DISTRACTION LOOP** Focus science, managing distractions; the neutral aspect Trial a focus hour, distraction
3	EMOTIONAL CLARITY **STRESS IS A MESSENGER** Emotional regulation, overwhelm recovery Use mood-to-action tracker 3x this week
4	PRODUCTIVITY WITH PURPOSE **FLOW STATE and SHIFTING PRIORITIES** Values-based work, priority alignment Homework: Define deep work theme, daily anchor task
5	ENERGISE **BODY-BASED ENERGY & PERFORMANCE** Energy rhythms, food/sleep/breathwork actions Homework: decide on energy drop prevent & response; test x3
6	SUSTAIN & SCALE **MIND CALM and PRODUCTIVITY BLUEPRINT** Blueprint creation, sustaining progress Homework: Actions Map & next steps
Optional 1 to 1s	Personalised support to deepen insights, overcome blocks, and tailor strategies to productivity and wellbeing goals.

► An example group course for workplace productivity



Book your free consultation:

[Calendar](#)

07917 000 750

Stakeholder review
Feedback and evaluation

HMANN.COACH



TACKLE TODAY TRIUMPH TOMORROW