



WELLNESS TOOLS FOR CORPORATE EXECUTIVES

HOW TO ESTABLISH A WELLNESS CULTURE IN YOUR DAILY LIFE



Health is a lot more than just the absence of illness or how to keep on looking slim and fit. Health is a lot more than taming the body to do more things and defy tiredness.

- Health is all about feeling strong & flexible, content & relaxed in the context of yourself
- Health is all about the inspiration that motivates you to live well and serve your higher purpose in life...

...or even better,

**let's explore together
what health is all about...**

Our Igniter, **Marianne Chryssikakou (bio)**, will share with us current practices for personal and organizational wellbeing, such as awareness, nutrition, movement, breathing, and challenge us to transform our daily life structure towards a more meaningful path.

AGENDA

OUR PARTNERS

18.00 – 18.30
Registration

18.30 – 19.15

Igniter:
Marianne Chryssikakou,
Editor in Chief, WellDay.co.uk
Wellness Consultant

19.15 – 20.15

Roundtable discussions

20.15 – 21.00

Cocktail reception

PLATINUM PARTNERS



GOLDEN PARTNERS



SILVER PARTNERS



MEDIA PARTNERS

