

# REVITALISE DAYS

## CHILDCARE PROFESSIONALS

### Exhausted?

Working with children can be exhausting. When they are on the go you have to be and working with large groups of children can mean that you get very few opportunities to rest, physically or mentally. Mindfulness can really help by providing you with some tools to get you through the most hectic of times.

### Love Your Job?

Working with children is a job that requires so much commitment that you really need to love it to do it. However much you love your job there will be parts of it that aren't top of your list. Mindfulness helps you to get the most out of everything you do...even changing dirty nappies!

### Top Performance

Performing well at work is all about focus. It helps us to get things done well and it is the basis of great relationships. On a mindfulness training session you really will really improve this skill.



## Train Your Brain For To Thrive at Work

Working in childcare is one of the most challenging occupations. You are under constant physical and mental demand. Being on the go all of the time and giving each child your full attention can feel completely draining.

To give everything you have to the job you love is great but wouldn't you love to end the day with some energy left for your life too?

Come on a Revitalise Days training session to see how mindfulness could bring more balance, happiness and success into your life.

Call Alex on 07534095200

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