

Wellbeing

# Sustainable Productivity: A Healthier Way to Get Things Done

## Course Details

### Price

£45.00

### Length

1 Hour (12:30-13:30)

## Course Overview

This interactive lunch and learn explores how to operate at a high level and be productive at work without sacrificing your wellbeing.

The session combines a short presentation with live polls and questions to introduce the key principles of sustainable productivity.

Delegates will also learn about a range of practical strategies.

## Course Content

The session includes:

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- An introduction to the key principles of sustainable productivity
- Practical techniques participants can try straight away
- A Q&A session to finish

Participants are encouraged to bring their mobile phones to take part in live polls and interactive questions.

## Benefits

By taking part in this session, delegates will:

- Understand the link between performance and wellbeing
- Reflect on current working habits and areas for improvement
- Take away practical ideas for managing energy and workload

## Next Steps

If you would like to book a place on this course please click on the '**Book Course**' button to the right of this page and login or register for a user account to complete your booking(s). Any queries please do not hesitate to contact us via [admin@gta.gg](mailto:admin@gta.gg) or call us on 01481 224570.

If no date is scheduled for this course at the present time please click on the '**Register Interest**' button and login or register for a user account so that we can add you to our course interest register. This register allows us to contact our tutors and finalise dates for a course as soon as we have a few people who have expressed their interest, so the more delegates who register their interest, the sooner we can schedule a particular course.

## Course Tutor

### Martine Ellis

Martine Ellis is an experienced coach and educator who helps exhausted professionals thrive without sacrificing their mental health and wellbeing. A Chartered Teacher with Advanced Teacher Status, she is widely recognised for her thought leadership in wellbeing-driven productivity. Alongside her coaching and training, Martine shares her expertise through podcasts, writing, and her popular hand-drawn

doodles, offering practical strategies that connect high performance with sustainable wellbeing for audiences across the UK and beyond.

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