

Fire Up  
Your Happiness

CPD  
CERTIFIED

THE JANEY LOVES  
2021  
PLATINUM  
AWARDS  
WINNER

MATT PEPPER'S  
MENTAL WELLNESS PROGRAMME

**Do you want to support your team with a toolkit for better mental fitness?**

**Is stress, worry, tiredness, disconnect or overwhelm having a negative impact in the workplace?**

**Would you like to find out how gain greater personal happiness, have more energy and laser sharp clarity...**

If you have a “yes”.....

**Welcome to Matt Pepper’s event - just for you!**

Matt is an author, practitioner and passionate speaker about mental and emotional wellness.

He delivers his **PeppTalks** and workshops to companies, organisations, universities and NHS medical teams.

He has spent **over 25 years** working with clients from all walks of life from celebrities to students, CEOs to nurses.

An experienced practitioner and speaker, his passion is to the share the secrets learned over a long career, of **what it truly takes for people to be happy and perform at their best.**



## "Place on your own mask first before assisting others...."

This simple concept makes sense. You can't help others for very easily or for very long, if you don't take care of yourself first...

**So with this mind, Matt would like to personally invite you to attend his event where he will show you exactly what you need to do to easily improve your personal happiness and be placed firmly back in the driving seat of your life.**

Matt's approach is light-hearted and easy to grasp. He's not a fan of complicated psychology, just **easy to use practical advice** that makes real difference to your mental health and emotional wellbeing.

Here's what the **NHS and Colgate** say about this workshop - that they use for their teams...

**'Our staff are our greatest asset** and gaining the tools to lift ourselves and each other up was a game-changer. With relentless pressure here at the NHS we aim to look after each other, but first we must look after ourselves.

This programme helps your team do just that. It's easy to use, insightful and so practical. If you want to fire-up your teams' happiness look no further...

**it's a wonderful workout for the mind and soul!'**



Zoë Harris

Divisional Director  
NHS RD&E Trust



**'This programme was a series of lightbulb moments** that has changed the way I look at life. Realizing that you can control your own happiness and optimism is life-changing.

Every team member felt quickly empowered by Matt's programme, even those who were obviously struggling to maintain their positivity and letting difficult situations get the better of them.

**It's a brilliant tool.'**



Laurent Cayet

Director  
Integrated Marketing  
Communications  
Colgate Europe



"A fantastic speaker, probably one of the best we've invited to Fruit Towers. Really great at explaining different concepts, an original breath of fresh air kind of talk. Great stuff."





## Event details

### Intro

Matt will explain his background to working in mental fitness and happiness for 25 years and how he's seen it **transform lives**.

### Your Turn

He will take you through his live workshop where you will discover how to enhance your mental and emotional fitness with **easy actionable steps** to improve your mood, out look and va va voom each and every day.

### The Tool Kit

He will then run through his mental fitness tool kit that helps companies such as Colgate. Having a team that can shift automatically to an optimistic outlook is a game-changer. This tool kit with its practical and down-to-earth and enjoyable content quickly and easily gets to the root of what makes people feel better.

Healthy, fired-up, happy individuals create a dynamic, vibrant and far more harmonious and productive team

**Date - Monday 12th Dec**

**Time - 1pm - 4.30pm**

**Venue - The Berkeley**

(The Wilton Room)

Wilton Place

Knightsbridge

London

SW1X 7RL

Smaller is better! This is be a very small group of 10 -16 people to make sure you get the most from session.

To secure your place please go to: <https://www.eventbrite.co.uk/e/474207737107>

For any further info please contact us on: [info@mattpepper.com](mailto:info@mattpepper.com)

We are really looking forward to see you there!

Matt's work is trusted by companies and organisations such as:

