



The Content and Balanced Lifestyle Course©



We exist to empower leaders and teams to breakthrough and achieve their potential!

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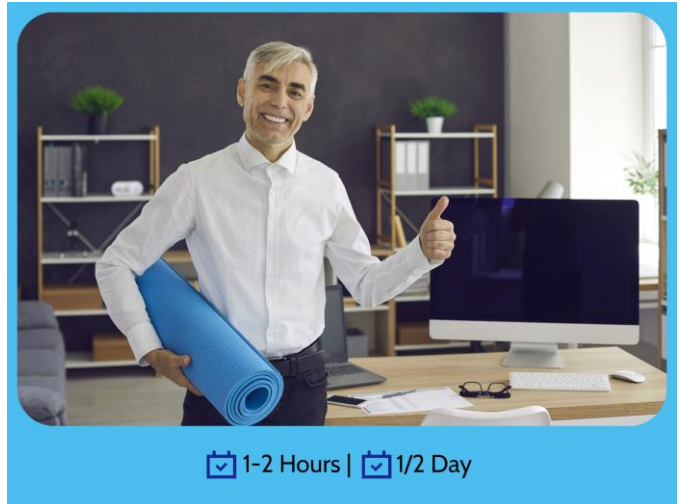
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The Content and Balanced Lifestyle Course©

Would your leaders and team members benefit from a training on contentment and work/life/balance?

When we are happy, healthy, and connected we do everything better. It is essential that team members have personal well-being. Otherwise, team members could become more anxious and stressed which could lead to absenteeism, presenteeism, lacking productivity, mental health challenges and more.

No matter your circumstances, whether you are an employee, leader, parent, professor, or student, we all need to find what works best for us and our long-term needs. Neuroscience tells us that people who are proactive with their personal well-being are also more content in their life. So, what does it take to create a life that offers you happiness, health, and connection?



This workshop was developed by Nathan Martin. Nathan lived a busy lifestyle in the fitness industry and was a Personal Trainer to top tennis players including Lleyton Hewitt. He had created a thriving fitness business, travelled around the world, and was sought after in his area of expertise. Then a few years ago, Nathan moved his family from everything he had known and loved. Everyone



asked “Why.” What he realised was that everything he was creating was going to take him away from what he really wanted – A balanced lifestyle, a life where he was truly connected. He decided and found a way to have the lifestyle he had always dreamt of. Surfing, eating well, daily runs, connecting with friends and spending quality time with family are all part of Nathan’s leisure and health. Now he continues to work as a trainer and coach, and he wants to share his secrets to having contentment and a balanced lifestyle.

In this training you will learn simple tools and proven strategies that you can easily use to develop lifestyle goals that work for you and will help you become better at everything you do. When we have a content and balanced life everything flows better, we have more energy and purpose. A balanced lifestyle will help you with your clarity, mindfulness, and performance when you are at work.

This Breakthrough Corporate Training proprietary course will include the following outcomes for your team:

- Unpack what your ideal lifestyle looks like and work out how you want to truly live.
- Create the lifestyle that you want with simple and effective tools you can put into action straight away.
- Learn how to keep your work/lifestyle balance on track and discover tips to maintain your balanced lifestyle.
- Redefining your paradigms of leisure and health.
- Connect better with yourself and others.
- Integrate powerful and simple breathing and meditation techniques that keep you performing and motivated during your workday (especially if you work from home).
- Learn how to have focus and productivity when you are at work.



The overall training/coaching is aimed at helping people live a balanced lifestyle while giving participants options to live with more overall purpose, motivation, and productivity. This course can be run in the following formats: 1-2 Hours or Half Day options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

Empowering leaders and teams to breakthrough and achieve their potential!

Breakthrough Corporate Training offers workshops, corporate training, coaching, team building, retreats and speaking services to organisations in Australia and worldwide. Breakthrough Corporate Training has a strategic partnership with TransforMe Learning and combined, we have over 70,000 hours of coaching/mentoring/training experience in organisations. 10s of 1000s of People from organisations in Sydney Australia and around the world have been transformed through our talks, corporate training, coaching, and mentoring. See some of our combined clients below.



Our Vision

Breakthrough Corporate Training is a Sydney Australia-based corporate training leader. We facilitate powerful breakthroughs that transform team culture through our CLASS (Communication, Leadership And Soft Skills) and RAW (Resilience And Well-being) Courses and Programs. Our clients experience transformation through our on-line and on-site training, coaching, team building, retreats, and keynote talks. We add enormous value to teams as they become healthy, cohesive, and successful.

Our Core Purpose

To Empower Leaders and Teams to Breakthrough and Achieve Their Potential!

Our Core Values

Our Core Values show you what is really important to us and how we behave. Our core values demonstrate who we are at our core to our clients. These Core Values are intrinsic to who we are, and they do not change. Our Core Values are *Engagement, Breakthrough, and Passion*.

- Engagement* – We are engaged in every client encounter. We empower leaders and teams to *Breakthrough*.
- Passion* is our energy that fuels transformation experiences.

Our Nurture Values are values that we care about and that we aim to demonstrate in our behaviour. These values reflect our standards and how we function in our organisation. Our Nurture Values are *Relevance, Heart, Integrity, Presence, Truth, Courage, and Teamwork*.



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