



Celynn Morin

1. Performance Chemistry - How to be your own CEO (Chief Energy Officer)

Intro paragraph

In order to survive and thrive, now and in the future, businesses must harness the potential of wellness by aligning work environments and cultures with workers' personal values, motivations and wellbeing needs.

Performance Chemistry is an interactive wellbeing workshop that helps leaders leave with practical techniques to better manage their energy levels, reduce the impact of stress and enhance their overall wellbeing and health. This workshop will assist each participant to own the title CEO – Chief Energy Office so that they are able to mobilize energy on demand. Celynn will also help participants to use their influence and impact to create cultures of engagement and healthy high performance, with less risk of poor health or burn out.

“The numbers indicate that lifestyle diseases have the potential to not only bankrupt health systems but to also put a brake on the global economy.”

Olivier Raynaud, Senior Director of Health, World Economic Forum

Who it is designed for

Ideal for business leaders, managers and their teams / employees as well as entrepreneurs.

Aims

- This workshop will assist each participant to own the title CEO – Chief Energy Office so that they are able to mobilize energy on demand.
- Celynn will also help participants to use their influence and impact to create cultures of engagement and healthy high performance, with less risk of poor health or burn out.
- Participants will leave with practical insights, tools and techniques to navigate their personal wellbeing as well as ideas on how to grow a wellbeing culture within their teams and organizations, starting with leading themselves first and foremost.
- Celynn's raison d'être is to reduce the burden on global economies and health systems by leveraging the influence that business leaders have on themselves and their employees to reduce lifestyle related risks and contribute towards creating exceptional, high performing workplaces.



Outline

Celynn's presentation style is dynamic and interactive using simplicity at the far end of complexity.

Slides are used to incorporate multimedia and engaging visuals, not as 'death by power point'.

To engage participants and stimulate learning, this workshop encompasses engaging interactive exercises (for example: breathing for relaxation and postural techniques for focus), reflective practice, guided large and small group discussions, and a large group debrief.

This session can be delivered as a 90-minute keynote, half or full day master class.

Sample full day agenda:

09h00 – 10h30: Performance Chemistry PART 1

- An introduction to wellbeing and energy renewal
- Why wellbeing is important and relevant both for you as a leader and your business
- Commence WELLculator assessment
- An introduction to mindfulness and centring as a state regulation and stress reduction tool
- Strategic refuelling
- Strategic movement

10h45 – 12h30: Performance Chemistry PART 2

- WELLculator continued
- Mind, body and gut connection
- Eat like an artist (nutrigenomics, supplementation and longevity)
- Application to the workplace

13h30 – 15h00: Performance Chemistry PART 3

- Sleep and intentional rest – your superpower
- Exercise and movement
- Morning routines to set yourself up for success
- WELLculator scoring
- Where to from here – Learn to live by design rather than default, developing your own resilience road map.
- Personal pledge exercise providing each participant with at least one immediate action that they can take both personally and professionally



Outcomes

- Explore wellbeing and how it relates to leadership and the workplace.
- Understand the science of stamina and energy management.
- Assess and self-score using the **WELLculator™** (a science backed framework) that provides an insightful lifestyle metric and the elements needed to sustain wellbeing and resilience.
- Identify areas of health and performance risk.
- Commit to new behaviours using simple techniques and neuroscience-backed methodologies.

2. Fit To Lead – Embodying Healthy Leadership

Short intro paragraph

This advanced wellbeing workshop uses the science of embodiment to help participants with 'practical techniques that are instantly effective, to help manage the impact of stress (regulate emotional wellbeing) so that participants can make better overall lifestyle choices. Put simply, less stressed leaders with greater resilience are happier, healthier and get more done with reduced risk of burnout.

Who it is designed for

Ideal for business leaders, managers and their teams / employees as well as entrepreneurs who are already established on a wellbeing journey. This works well as a follow up to Performance Chemistry.

Aims

- An introduction to embodiment science and how it relates to leadership and wellbeing (self-awareness and self-regulation).
- Equip participants with body-based techniques to help them show up at their best no matter what pressure they are under.
- Address high performance and wellbeing looking at three areas of resilience: psychological (mental), emotional and metabolic.
- Understand the basic theory on the stress response, mental health, burnout, resilience and wellbeing at work.

Outline



Celynn's presentation style is dynamic and interactive using simplicity at the far end of complexity.

Slides are used to incorporate multimedia and engaging visuals, not as 'death by power point'.

To engage participants and stimulate learning, this workshop encompasses engaging interactive exercises (for example: breathing for relaxation and postural techniques for focus), reflective practice, guided large and small group discussions, and a large group debrief.

This session can be delivered as a 90-minute keynote, half or full day master class.

Outcomes

- Mindfulness and attention training techniques for brain fitness.
- Understanding the importance of intentional rest and recovery.
- Being able to practice breathing techniques such as "centering" to calm the nervous system or to energise and focus.
- Use posture and movement to create desired feelings/emotions, or mindset.
- Awareness and choice of habitual eating styles.
- Deeper understanding of gut health and connection to brain and body wellbeing.
- Learn how to create daily rituals that become lasting lifestyle habits.

3. Santé! Effervescent Leadership & Lifestyle

Short intro paragraph

A workshop dedicated to wellbeing, but not how you might expect.

Santé! helps participants to celebrate wellbeing and feel fantastic – without giving up life's greatest pleasures. Wellbeing should be about MORE, not less.

More celebration and pleasure, more connection and sharing more curiosity and ease. Just as the essence of champagne is about celebration, joy, quality, sharing, effervescence and aliveness, so too is the essence of being human, when we are at our vibrant best!

If you are a stressed professional or leader ... want to feel healthier, happier, feel calmer and have more energy, while still enjoying life's pleasures, then this session is for you.



Who it is designed for

Ideal for business leaders, managers and their teams / employees as well as entrepreneurs. If you are a stressed professional or leader who wants to feel healthier, happier, feel calmer and have more energy, while still enjoying life's pleasures, then this session is for you.

Aims

- Charter a course towards wellbeing, that goes far beyond physical health as it retrieves joy and celebration as it becomes coupled with productivity in the workplace.
- Rekindle wonder and ignite joy by adding a bit of lustre and sparkle to how members connect, celebrate, remain curious, cultivate creativity and contribute to a sense of community within the group and their respective businesses.
- Energise and excite leaders to become an irresistible force that cascades through the rest of the organisation, just the way champagne flows through a champagne tower – from the single glass at the top to the many layers below.
- Great leadership inspires, uplifts, refreshes and recalibrates the individuals who populate their organisations – so that people are both re-energised in their efforts and willingness to innovate. This also contributes towards building an engaging work place that both attracts and retains great talent.

Outline

Whilst having lived most of her life in South Africa, Celynn's family hails from the Champagne region of France and she now resides in London. This heritage has been part of the inspiration for developing Santé!

A variety of materials and tools are used to support inputs and group-centered experiential learning activities.

The content has a sound grounding in Alchemical and Jungian psychology, poetry, the arts, culinary and movement wizardry.

The champagne making process is used as a metaphor and has been transposed into a skill for unearthing each person's own personal "champagne" – an aspect that will bring the sparkle back into work as well as personal life.

This session can be delivered as a 90-minute keynote, half or full day master class.



Optional activity recommended as part of a FULL DAY session: A sensorial sparkling wine tasting masterclass with a selection of various types of sparkling wines (Champagne, English sparkling wine, Prosecco, Cava). This activity is charged separately and venue-dependant. This can be guided by Celynn and/or an on site sommelier.

Outcomes

- Realise the impact that heritage and socialisation has on value and belief systems that impact both joy and wellbeing.
- Uncover a hidden aspiration or talent that would transport you into greater fulfilment in your work.
- Use key steps in the champagne making process as a metaphor for current wellbeing challenges and/or aspirations.
- Discover how to retain pleasure and enjoyment whilst eating for optimal wellness based on nutrigenomic science.
- Improve physical agility and joie de vivre through conscious movement and mindful sensorial living.
- Taste the elixir deep rest and cultivate dreaming as a clarity wellbeing tool.
- Develop selected steps for actionable pledges on where to from here, helping participants live life by design rather than default.

OPTIONAL: A celebratory sparkling toast with a glass of champagne to close off the session, santé!