



ANDERIDA COACHING

Tailored Personal Development & Hypnotherapy



Is Lost Sleep Costing You Productivity?

SLEEP & WELLBEING TRAINING FOR BUSINESS

WHY SLEEP?



You know what it's like when you have to go to work having had too little sleep. Unless you're a superhero, it can be a bit of a struggle to wrap your head around what needs to be done, to do it well, or safely.

We would love caffeine to help, but the reality is, it doesn't. So, if you know how you feel going into work without enough sleep, how about multiplying that across all your employees in the business?

We've spent years focusing on time management for productivity when, in truth, it's only a small part of the productivity puzzle. Sleep (and stress) are core to how well your business functions.

Why is Sleep Important?

Sleep impacts businesses in office-based organisation to those with greater physical risk with factory or workshop-floors; it leads to mistakes and financial cost.

It's not just the mistakes that cost you money, it's also the loss in productivity and competitiveness as staff struggle to perform.

Some business-owners would say that employees should take greater responsibility for themselves and their health. To an extent, that is true. However, the modern workplace puts great pressures on the average worker and that in turn impacts their sleep quality through stress and exhaustion.

The average person is not aware of how their habits and lifestyle are impeding their productivity, performance and life experience, as they are simply copying what 'everyone else does'. The science says different. The science says, they are unknowingly driving themselves into the ground and ill health; and as a business, that will cost you in time, money and growth.

THE IMPACT OF LOST SLEEP ON BUSINESS

RAND Europe discovered sleep deprivation in the UK workforce costs the economy £40.2 billion in loss of productivity and estimates this will steadily rise in cost to £47 billion by 2030, if current trends continue.

As many as 16 million UK adults* are suffering from sleepless nights as a third (31%) say they have insomnia.

Nearly a quarter (23%) sleep for five hours or less each night. With women getting an hour's less sleep on average than men (six hours vs. seven), they are also more likely to say they aren't getting the right amount of sleep (54% vs. 41% of men) and currently be suffering from insomnia (36% vs. 26%).

Lack of sleep means you will be at greater risk from stress, your immune system will weaken, raising susceptibility to common colds and illnesses. Resulting in not being at your best for important meetings or deadlines. Far worse, there's an increased risk of serious illnesses like diabetes and heart disease. There are mental health impacts, too. Reaction times slow down, issues with concentration increase and mood changes and memory problems can also occur.



WORKSHOPS & COACHING

With a background in business, we deliver training designed around your organisation that combines business need and human physical and psychology. Our ethos is to enable your humans to work at maximum productivity without finding themselves at breaking point. That way they are more happy, productivity and motivated and your business is more profitable with a healthier and more engaged workforce.

Our business background is combined with NLP (neurolinguistic programming), coaching tools, clinical hypnotherapy, nutrition and sleep science.

You can combine any of the following:

- Sleep education workshops for all staff
- Workshops for managers
- Individual sleep audits and plans for staff and managers
- Mindfulness and meditation workshops
- One-to-one coaching/hypnotherapy for sleep and stress management
- Employee engagement monitoring & reporting

ABOUT ANDERIDA COACHING

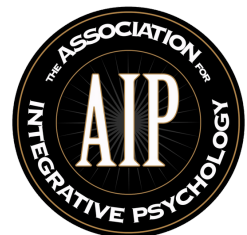
At Anderida Coaching we have a passion for wellbeing at work and at home. Our core interest is health psychology, how the mind dictates how we perform and be happy and in the end, that affects all aspects of our lives.

"You can't drive a car with one tyre that's flat. Well you can, but the ride will be bumpy, slow, the other parts of the car have to work harder and that flat could blow at any time...then you can't go anywhere."

Experience of stress and burnout drove the foundation of this coaching business. Alison has been there, at senior management has had experienced the ups-and-downs of the pressures of work lives and their affect on employee health, motivation and business achievements.

As a result, Alison Prangnell is passionate about coaching tools that make a difference combined with science from nutrition to sleep.

Alison is an experienced Trainer and Business Manager, Master NLP Practitioner and Coach, Clinical Hypnotherapist and health science geek.

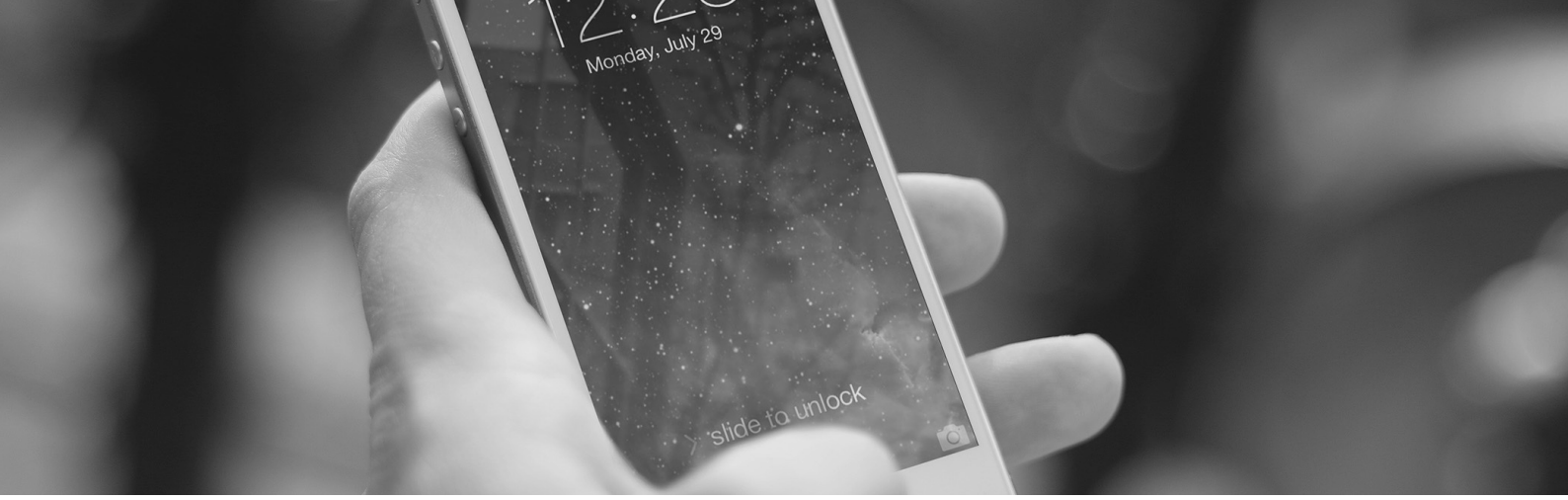




WORKSHOPS & TRAINING

Anderida Coaching focuses on health and wellbeing coaching and training for individuals and businesses. In addition to sleep coaching, we also cover:

- One-to-One executive and staff coaching
- Stress coaching
- Stress Management Workshops for Managers
- Stress Management Workshops for Staff
- Women's Wellness at Work
- Performance Coaching
- Health Coaching (Weight Management, Smoking etc)



GET IN TOUCH

TALK TO ALISON TODAY ABOUT HOW SHE CAN HELP YOUR BUSINESS IMPROVE PRODUCTIVITY, MOTIVATION AND PROFIT THROUGH EMPLOYEE WELLBEING LEADING TO ENHANCED PERFORMANCE.

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