

## FITNESS FOR WORK

### **FFW01 Fitness for work**

Through our experiences in conducting fitness for work training and research, we know that the majority of people want to be good at what they do for a living, regardless of their role and can all be high performers with the right mix of high performance coaching, knowledge and skills.

This module teaches people how to be fit for high performance, and to tap into their natural desire to want to be good at what they do. The 6 hour module covers core skills associated with performance deficits including fatigue, stress, diet, fitness, mood and performance modifiers.