

REMAIN STRONG

SINGLE DAY PROGRAMME - FOR WORK - FOR LIFE

Practical Wellbeing Tools and Systems
for Modern Workplaces

Welcome

“Most wellbeing programmes raise awareness, with Remain Strong we learnt practical tools for the job and life”

Paul Hickey - Managing Director



Welcome to Remain Strong.

Modern work is not the only driver of today’s mental health challenges.

In reality, many of the biggest contributors to rising stress and anxiety sit outside the workplace - disrupted sleep, constant digital stimulation, and habits that leave little time for recovery or regulation. When these pressures build, they inevitably show up at work through reduced focus, emotional reactivity, and burnout.

Remain Strong is designed to address this reality.

This six-session, one-day wellbeing programme goes beyond awareness to deliver practical, real-time tools that participants can use immediately, both professionally and personally. Importantly, it provides a simple system for embedding these tools into daily routines, ensuring wellbeing becomes a practiced skill rather than a good intention.

Built on certified wellbeing training, neuroscience, elite-level performance, and lived experience, Remain Strong equips individuals with the capability to manage pressure and build sustainable wellbeing.

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Pressure is unavoidable, how
we manage it is a skill

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Remain Strong

A practical wellbeing programme
built for modern workforces.

Designed for workforces looking for:

- Healthier, more resilient teams
- Practical wellbeing tools staff actually use
- A programme that works at both work and life level
- Evidence-based content, not wellness trends



Challenges team face.

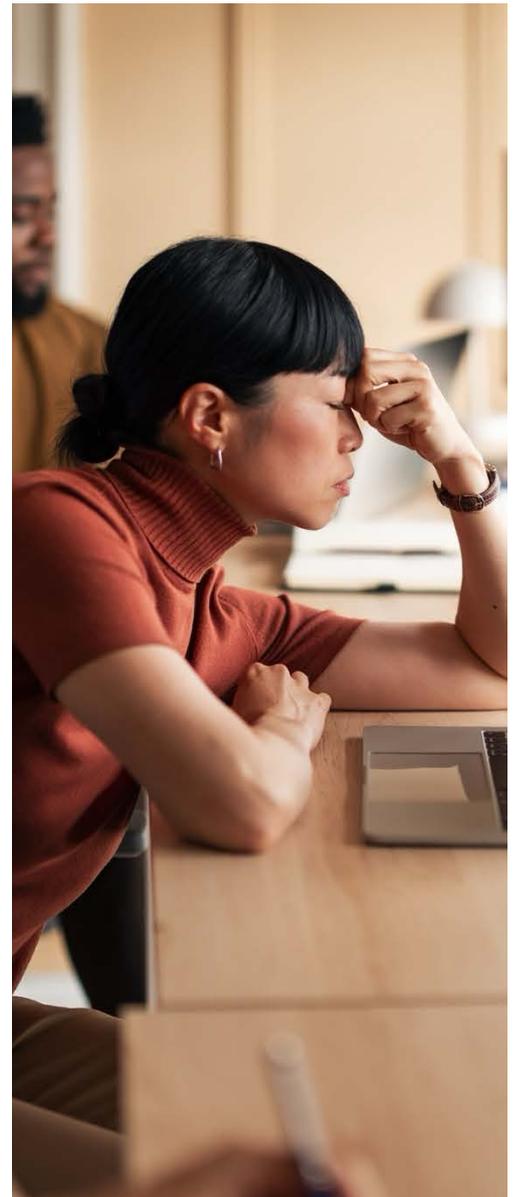
Why awareness alone is no longer enough.

Today's workforce is under sustained pressure:

- Constant digital over-stimulation
- Rising stress and anxiety
- Poor sleep and depleted attention
- Motivated workforces without Tools to apply change
- Good intentions, but limited practical tools

Most wellbeing initiatives raise awareness. Few build capability.

Remain Strong is designed to do exactly that.



Remain Strong: The Difference

Evidence-Based Tools for Human Performance Under Pressure



**Remain Strong is not a talk.
It's not a wellbeing day.**

**It's a structured, one-day programme
focused on the practical application of
wellbeing tools for staff.**

Participants leave with:

- 75+ practical tools, habits and protocols
- A clear explanation of how to apply the tools
- Repeatable techniques to regulate stress, focus, and recovery
- A system for embedding wellbeing into daily routines



Programme Overview



Format:

- 6 interactive workshops delivered in a single day
- Each session begins with a guided 5-minute nervous-system regulation practice
- Highly practical, inclusive, and grounded in real-world pressures

Delivery:

- In-person or virtual
- Suitable for mixed roles and seniority
- Scales across teams and organisations

The Six Workshops

1. How the brain is wired



Understanding behaviour before trying to change it.

- The important structures of the brain explained simply
- Negative bias and emotional regulation
- Neuroplasticity and habit formation

Outcome: Greater self-awareness and emotional

2. Managing stress & anxiety

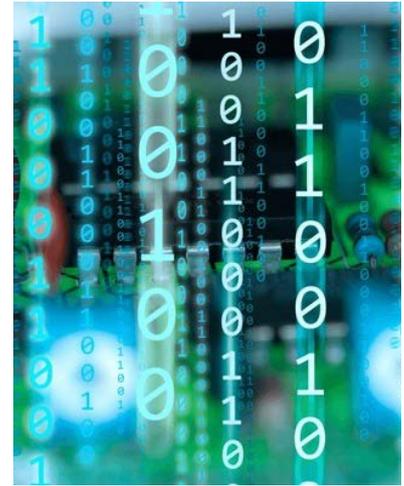


Two different responses. One nervous system.

- Stress & anxiety explained
- Recognising early warning signs
- Tools to release stress & manage overwhelm in real time

Outcome: Increased resilience under pressure.

3. Digital detox



Reclaiming attention in a distracted world.

- The neuroscience of digital addiction
- Impact on focus, mood, and sleep
- Practical tools to manage devices before they manage us

Outcome: Improved concentration and reduced cognitive fatigue.

4. Sleep



The foundation of mental and physical wellbeing

- What sleep actually is
- Pre-sleep and wake-up habits that matter
- Small changes with high impact

Outcome: Better energy, mood, and decision-making.

5. Mindfulness



Practical regulation, not meditation myths.

- Four core mindfulness tool themes
- Immediate and accessible techniques
- Downregulating the nervous system in minutes

Outcome: Calmer minds and improved emotional balance.

6. Healthy habits creating



Turning insight into long-term behaviour change

- Identifying priority habits
- Anchoring and habit stacking
- Building a personal wellbeing system

Outcome: Sustainable long term change beyond the workshop.

Supporting Assets

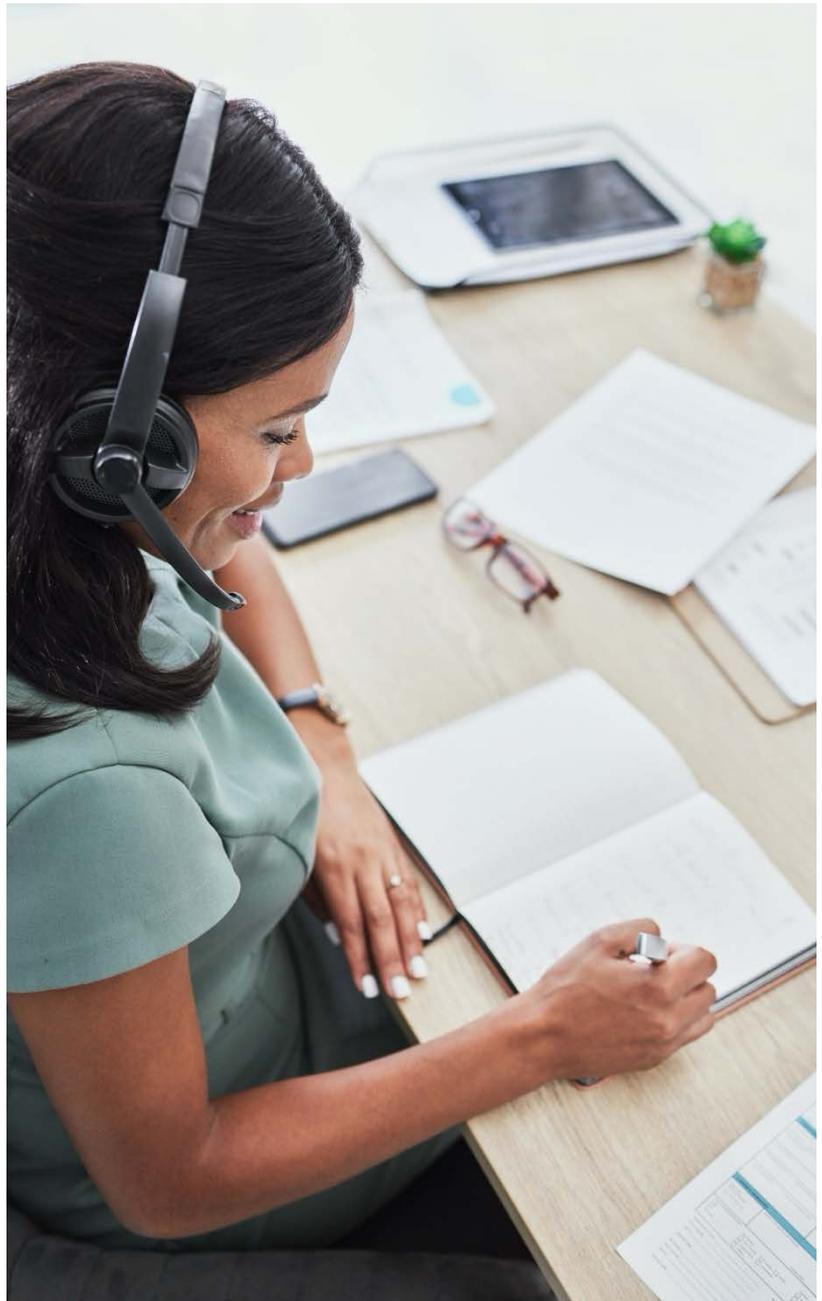
“We do not rise to the level of our goals,
we fall to the level of our systems” James Clear

What Participants Receive:

- A professionally designed workshop workbook
- A Wellbeing Tools Guide outlining every technique covered
- Practical summaries, space for reflection, and action planning

And a 6 week engagement pathway that includes follow up emails, that include links to short explainer videos and detailed content.

Ensuring learning and engagement continues long after the day session ends.



Our Lead Presenter



Introducing Robbie Hunter-Paul

Designed and led by professionally trained speaker and wellbeing presenter Robbie Hunter-Paul, the former international athlete and BBC Sport pundit brings a rare blend of elite performance experience, neuroscience-informed training, and lived reality. Having operated for years in high-pressure environments where performance, resilience, and recovery truly matter, Robbie offers not just insight but authenticity - translating complex wellbeing concepts into practical tools that resonate. Above all, he lives what he teaches, bringing credibility, relatability, and real-world understanding to every session.



Trained and certified in:

- Mental health first aid
- Suicide prevention
- Psychological first aid

Evidence & Impact

Feedback gathered from participating staff, the **Remain Strong** programme consistently demonstrates its effectiveness, relevance, and real-world impact. The findings reflect strong engagement from participants, clear improvements in understanding of wellbeing, and meaningful application of the tools beyond the session itself.

The data shows that the programme resonates both professionally and personally, while also strengthening alignment with organisational values and culture. Together, this evidence reinforces **Remain Strong** as a practical, well-received wellbeing programme that delivers lasting value for individuals and the organisations that invest in them.

- 95%+ of rated workshops good to very good
- 80%+ rated workshops relevant to day-to-day roles
- 75%+ rated workshops relevant to their personal lives
- 97% believe investing in wellbeing programmes as important to very important
- 95% + felt more connected to company values/culture
- 90% said their understanding of wellbeing has improved significantly
- 85% + apply tools regularly to occasionally



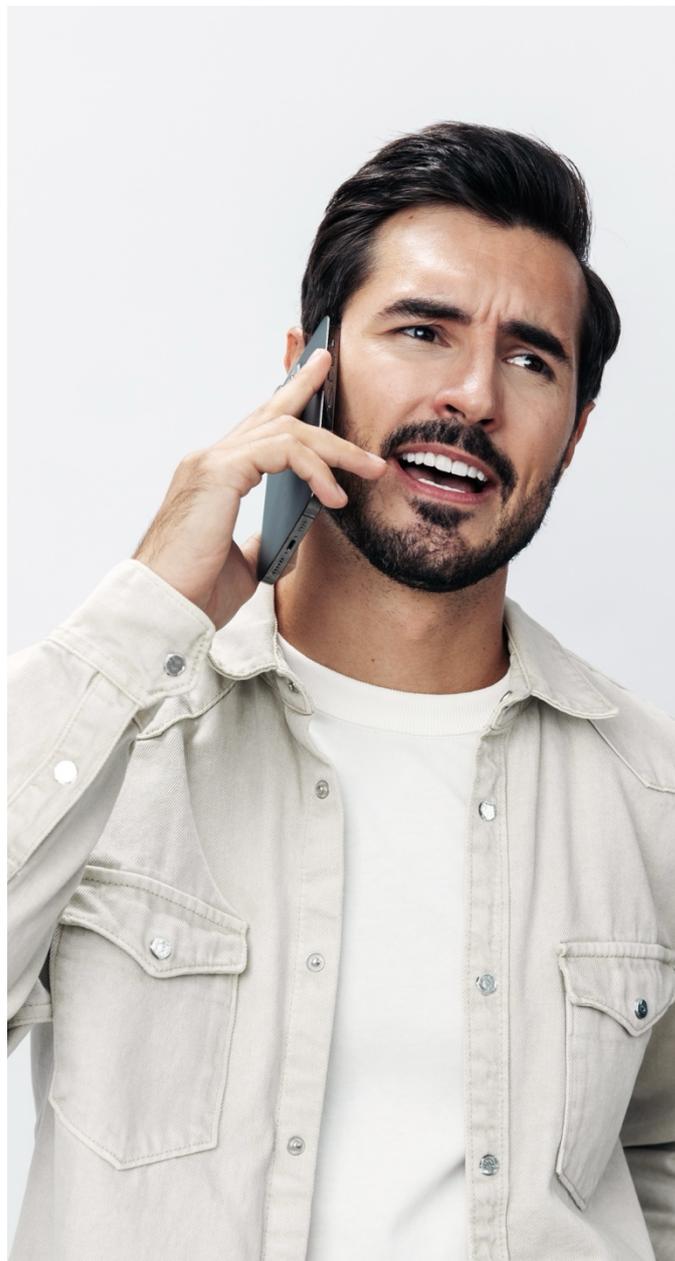
Next Step

*Wellbeing is no longer something you're born with,
it's something we must now create.*

Curious to learn more about Remain Strong?

Then book in a 15-30 minute meeting with Robbie and explore what Remain Strong can offer your company.

Email admin@remainstrong.co.uk and we'll get back to you within 24 hours.



Thank you for your time or as they say in New Zealand
Kia Ora