



WE RECHARGE OUR PHONES EVERY DAY BUT HOW OFTEN ARE WE RECHARGING OURSELVES?

In today's hyper-connected world our smart phones are ubiquitous. When they lose battery power we feel ineffective. As human beings, we pay far less attention to our own recharge requirements. For many people, rest & recovery is a blind spot which is made worse by a society which values busy-ness and 24/7 connectivity above all else. However, the impact on our health & personal effectiveness when we don't rest & recharge can be stark.

In a 2010 study in the Journal of Applied Psychology, employees who were unable to switch-off when outside work were less engaged in their jobs and more likely to report emotional exhaustion and physical health problems. Working long hours has also been linked to an increased risk of heart disease, stroke and depression.

We believe that rest & recovery is essential for effective leadership.

WHAT WE DO

Our ongoing research and workshops help people maintain high energy, creativity & mental clarity at work. To be truly present with themselves and with others. When we rest smart we work smarter.

Having heard about Paul's approach through a friend, I asked him to deliver a workshop on rest & recovery to my operational managers. The session was entertaining, engaging and packed with practical tips for improving our performance by placing a greater emphasis on how we recharge during our downtime. We have lost the feeling of guilt which is often associated with resting and we now see it as a key component of our day to day performance.

Paul Burton (BT Openreach Senior Area Manager)



Our approach encompasses mental recovery, smart use of technology and sleep. Here are just a few of the topics that our workshops cover:

- How to switch off so that you retain high energy when at work
- Planning your rest time to maximise quality over quantity
- Using rest in a strategic way to prime yourself for creativity & high performance
- Knowing your 'sleep type' and using this to your advantage

When it comes to our rest lives, quality is more important than quantity. A few small changes to how and when we rest can have big impacts on our energy and performance.

DEVELOPING & RETAINING TALENT

Work/life balance is rapidly moving to the top of the agenda for people considering a job move. Talented people are increasingly looking to employers to provide skills and environments which support sustainable working lives and prevent burnout.

REST BANDIT COACHING

Our one-to-one coaching gives people tailored tools for sustainable working and for maximising the recovery value of their rest time. We help people to examine their rest & work routines so that they focus on the activities that deliver the greatest value. This prevents burnout and improves engagement with their work.

ABOUT PAUL

Paul Dickinson has combined his years of experience as a HR Director with the latest thinking on human performance to create Rest Bandit. His unique perspective challenges conventional thinking on how we work and how we rest. His approach has attracted the attention of companies who are seeking a more progressive approach to people development.

