



Marie Oakes

The Wellbeing Series

The Wellbeing Series looks at the fundamental principles of taking care of ourselves.

Marie breaks down the key factors of wellbeing into 6 talks that will aid you in nourishing your mind and body. These foundations will allow you to start performing as your best self and give you the greatest chance of sustaining a successful career.

FOUNDATIONAL TALK 1

resilience

Why Resilience is a persons greatest quality. What is resilience, why is it so important and how can you cultivate more of it for yourself so you can flourish personally & professionally.

TALK 2

sleep

Why we sleep, the risks if we don't get enough, the benefits to getting more, key strategies to achieving more quality & consistent sleep, and the new science behind why it's now the most important aspect of our life, health & longevity.



About Marie

WELLBEING SPEAKER | RESILIENCY COACH
BURNOUT EXPERT

As a former fashion designer for Alexander McQueen, Mulberry, and M&S, I faced the constant challenge of being creative under pressure. Complete burnout in my early 30s fundamentally changed my life, inspiring me to help people change theirs by transforming the way they think, feel and behave.

"During Marie's high-flying, high-pressure career of global travel, enormous responsibility, crazy deadlines and mixing with high-profile people, she appeared glamorous and successful on the outside. However, underneath she was crumbling. She maxed out and burned out. She went on a journey of self recovery and learnt how to rewire her brain, regain control of her life and was able to reconnect with her true self."

TALK 3

stress

What is stress,, why does it happen, what are the biggest causes behind it, how can we learn to manage and reduce it, how to spot your own stress triggers and learn strategies that help reduce them, and why setting boundaries are the key to wellbeing.

TALK 4

movement

The importance of movement for building resilience, the mental health benefits of exercise, what stops us from moving and how we can change our habits and behaviours, how tuning into our bodies can make us feel stronger, braver, confident, energised, focused.

TALK 5

nutrition

Nutrition and productivity - how food can affect your performance, wellbeing, creativity and motivation, discover which foods reduce stress, increase energy, improve mood and enhance productivity, and why good nutrition is crucial in the prevention of burn out.

TALK 6

mindfulness

What is mindfulness, how to learn it and practise it, the amazing benefits for your body and brain, and why it's so important in building personal and professional resilience.

"Marie's talk on resilience was eye opening, thought provoking, inspiring. She had everyone captivated & engaged"

NIAMH STONE, SENIOR CONTENT PRODUCER
HYVE GROUP

CONTACT



MARIE@THETRENDACADEMY.COM



TEL: +44 7446 302593



MARIE OAKES