

Self Care Is Not Selfish



Edward Hollamby

Trainer | Consultant | Speaker





'Take a break and read *Rest*: you'll make smarter decisions,
have better relationships, and be happier and more creative'

JAMES WALLMAN, author of *Stupor*

Rest

WHY YOU GET MORE DONE
WHEN YOU WORK LESS



Alex Soojung-Kim Pang



You are at your
BEST when you **REST**



Human BEINGS

WE ARE NOT
HUMAN DOINGS.

WE ARE
HUMAN BEINGS.

SLEEP

EXERCISE

LOVE

FUN



You don't have to be
SICK to get **BETTER**



Sparks in the Dark



Weebles Wobble





“One Day”

or

DAY ONE?



Life Rewards

ACTION not **INTENTION**

edward@eshconsultancy.co.uk



@eshconsultancy



eshconsultancyandtraining



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