



Energetic Education
www.energetic.education



The Wellness FunShop

Boosting wellbeing, mental health and happiness
through fun, play & teamwork.

Purpose

Remember that carefree feeling of playing, without the worries of the world? In our adult world, our focus is heavily on work, family and social commitments. We don't play anymore, to simply have fun without any responsibility or time pressures. But why should we? Well, play is as essential for adults, as it is for children. It stimulates creativity and problem solving, relieves stress and builds team morale. Our sole purpose

of the Wellness FunShop is to bring the fun back and enhance personal and emotional wellbeing. We will transform you and your employee's morale, re-fuel creativity, productivity, and performance. Let us transform your workplace with our joyful FunShop.

Workshop

Our specially designed packages will boost mental health, wellbeing and overall team morale in the workplace. Following the Jugar Life motto, we will 'Bring the Happiness' to your workplace, allowing staff to play and have fun in our team building workshop.

Our Wellness FunShop is comprised of four key pillars that focus on play, gratitude, giving and exercise.

Outcomes that we will achieve in our sessions:

- Improve staff well-being – contributing to a positive culture and work-life balance;
- Team building and bonding through fun – promoting healthy work relationships, collaboration, and group problem-solving;
- Techniques for becoming present – relieve stress, enhance productivity and leadership;
- Providing play opportunities and experiences – connect with others, have fun and enhance emotional wellbeing.

Let us change the way your office or workplace look at play and team bonding in a never before seen way.



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About us

Energetic Education is the creator of the world-renowned app Jugar Life, which follows the daily practice of play, gratitude and reflection, helping people to be present in each and every day.

The team is on a mission to bring movement, fun and happiness into every day! Using their background in education, business and the fitness industry, they offer a number of different options to suit your business, including an all-day, 2-hour or half-day energised and motivational FunShop experience for you and your team starting from \$1999.





Dale is the founder of Energetic Education, the host of two podcasts in Energetic Radio and The Trainers Tribe, and founding member of FHL Retreats, Bottoms Up Fitness and Learning with Games. He is really excited to come and share his passion of making everything fun with you and your staff through his world renowned FunShops.

To book a workshop contact us through our website www.energetic.education

Testimonials

We have run our FunShops all over Australia and in ten different countries around the world with outstanding results in workplaces, schools and conferences. Here is what some of the attendees have said about our sessions:

"Dale's ability to relate well to everyone is exceptional – noting we are a very diverse group by age, sex, background and fitness – and make it challenging enough without taking the fun out of it is what distinguishes you from others in your profession. I would be very happy to vouch for your reliability and communication with any client's, again both consistently of a high standard you provided". Frank Kelloway – Melbourne

"Loved it. Great content and highly motivating for myself and the rest of the staff, I will be recommending this to other workplaces for sure". Jake Carey - Hong Kong



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Biography

Dale Sidebottom has been referred to around the world as the energiser bunny of life, and this is exactly what he brings to each and every day. Whether he is running workshop's, corporate team building days or heading keynotes at conferences around the world.

Qualified as a teacher and personal trainer, Dale has grown over the years with a number of different projects and business ventures. He has created over 20 mobile apps with his latest app 'Jugar Life' designed to help people create daily routines around the practice of play, gratitude, the act of giving and exercise.