Sleep, Nutrition and Wellbeing

Monday, 26 June, 12.30 – 1.30pm, William Harvey Lecture Theatre

Tony Derbyshire is a Performance Coach who has been helping athletes, teams and organisations improve their performance, resilience and wellbeing for over seventeen years. Tony is currently working with Premiership Football Team AFC Bournemouth to support the player’s lifestyle choices, both in work and at home, including their nutrition, sleep, and daily habits.

Tony will discuss:

- How little changes in our behaviour can have a profound impact on our health, wellbeing, overall satisfaction and performance
- Types of normal, but not so perfect daily routines, and the fatigue and negative consequences associated with them
- The effects of the parasympathetic and sympathetic nervous system and how to control it in our daily work life
- Advice on simple, healthy nutrition choices
- The science of sleep, the costs of poor quality or quantity of sleep and the benefits of good sleep, along with some practical advice of how to achieve this

With a deep understanding of the importance of controlling attitude, confidence, self-esteem and mental focus, his entertaining and acclaimed programmes inspire delegates to become true winners (Potential Plus)

All staff are welcome to attend. Register here: (https://sleep-nutrition-and-wellbeing.eventbrite.co.uk) wellbeing.medschl.cam.ac.uk