



High Performance Habits

Workshop & Training

up!
advisory
PUTTING YOUR PEOPLE FIRST.

Make routines that incrementally make your work & life better

Contact up! advisory.

This 3-hour online or face 2 face workshop is

- Interactive and hands-on
- Based on proven scientific research
- Designed and facilitated by experts
- Focused on practical take-aways

To book this session or further enquiry:
Contact **+65 90968004** or alin@upadvisory.sg

**HABITS
HERO**