



**Jules Mitchell**  
Serious About Happiness



# Sustainability – The Inside Job

Presented by

Paul Harris & Jules Mitchell

[www.real-success.co.uk](http://www.real-success.co.uk)

[www.jules-mitchell.co.uk](http://www.jules-mitchell.co.uk)



## ■ ***Motivation Boosters***

- #1 – Be Interested
- #2 – Recognition
- #3 – Set Clear Goals
- #4 – Celebrate Diversity
- #5 – Be Real!

## ■ ***Stress Busters***

- #1 – Breathe
- #2 – Re-frame
- #3 – Gratitude
- #4 – Nurture
- #5 – Move!



# Contact Details

**Jules Mitchell**  
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- **Paul Harris**

Communications, Sales, Team Dynamics,  
Executive & Personal Coaching

*Email: paul@real-success.co.uk*

*Mobile: 07895-264916*



- **Jules Mitchell**

Well Being Programmes, Customer Service  
Mindset Coaching, Personal Coaching

*Email: jules@jules-mitchell.com*

*Mobile: 07583-203444*