

GETTING A GOOD NIGHT'S SLEEP DENNIS HOIBERG

POP-UP! WEBINAR

9 SEPTEMBER 2020 – 1:00PM

PUT BAD SLEEP HABITS TO BED.

**EVER HAD A BAD NIGHT'S SLEEP?
CHANGE MANAGEMENT AND
RESILIENCE COACH, DENNIS HOIBERG,
SHARES HOW TO PUT BAD SLEEPING
HABITS TO BED, ONCE AND FOR ALL.**

TOPICS

- ▶ Reasons for Poor Sleep
- ▶ How Much Sleep Do You Need?
- ▶ Techniques to Benefit from a "Power Sleep"
- ▶ Environmental, Procedural and Mindset Factors

DATE & TIME

Wednesday 9 September 2020, live from
1:00pm AEST.

REGISTRATION

Online Registration - this is a free webinar, however,
pre-registration is essential.

Registrations close Tuesday 8 September 2020.

ASK DENNIS A QUESTION

Make the most of the opportunity – send in your
questions/comments ahead of the webinar for Dennis
to address. Please include your full name and feedlot /
business name. Questions must be received by
COB Friday 4 September 2020 to be considered.



SPEAKER BIO

Dennis has over 30 years-experience working
with individuals, teams and businesses to
achieve personal satisfaction, excellence and
high performance.

His main area of consulting expertise and
interest is in assisting people to thrive
through change, and applying his lessons and
experience in a practical and pragmatic style
– a renowned strength of his.

Dennis' unique insight into human psychology
means he is a highly sought-after public
speaker and master-of-ceremonies –
engaging audiences on the subject of
emotional well-being and resilience.