



The Insurance
Institute of London
Chartered Insurance Institute

Continuing Professional Development Certificate

Greater mental fitness at work

Date: Thursday 3 October 2019

Time: 1.10pm - 1.55pm

Speaker: Phil Toogood, Performance Coach, Cranfield Phillips

In this D & I Lecture Phil used the content of mindfulness and neuroscience as the platform to provide practical tips, tools and drills to develop personal effectiveness, self-awareness that reduce daily stressors.

By the end of this lecture, members would have gained an insight into:

- The brain's survival system and the benefits from understanding and observing our brain at work
- Techniques to find confidence, self-esteem, focus and greater productivity.



This lecture or podcast can be included as part of your CPD requirement should you consider it relevant to your professional development needs. It is recommended that you keep any evidence of the CPD activity you have completed and upload copies to the recording tool as the CII may ask to see this if your record is selected for review.

CII CPD event accredited - demonstrates the quality of an event and that it meets CII member CPD scheme requirements.