

September 2005 Newsletter

Exercise is good for business too!

Research from the University of Hull has shown that mental strength can increase when individuals participate in outward-bound style training. Not only did participants show improved mental toughness, they also showed less stress when exposed to demanding tasks.

Interestingly for business, the researchers suggest drawing ideas from sports psychology may give approaches to mental toughness that help people cope with the ever-demanding pressures of working life*.

At Preseli Venture we understand that life in business is tough. When you bring your team to visit us, we are dedicated to providing you with an experience that is tailored to your needs. As experienced sports people, we can guarantee that your staff will return to the office in a refreshed and invigorated frame of mind, even if they don't get tougher!

Becoming tough is not the only thing that matters to businesses. Depression will be the second biggest international health burden by 2020, predicts the World Health Organisation. The potential impact on businesses is immense but the good news is that exercise helps. So why not treat your team to a 'mental health break' at Preseli Venture? Or plan a visit to mark your Company's support for Mental Health Action Week, March 2006. We've put together some tips to help you achieve this goal.

To find out more contact us now on **01348 837709**, email **info@preseliventure.com** or visit our new website: **www.preseliventure-corporate.com**. We look forward to hearing from you!

Kind Regards,

Preseli Venture



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