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Wellbeing

About This Section

We have sourced some of the world's leading wellbeing resources to help you hone business performance and provide wellbeing and mental health support in these troubled times. These are independent third parties and the content and copyright is their own.



**Sleep Is Your
Superpower**



**Stay Healthy
At Home**



**Mental
Fitness**



**About
Mindfulness**



**Harlequins
Story**



**Start
Meditating**

Sleep is Your Superpower - Sleep Expert and Author Matt Walker

Matthew Paul Walker is a widely published academic author, British scientist and Professor of neuroscience and psychology at the University of California, Berkeley. His research focuses on the impact of sleep on human health and disease.

Previously, he was a professor of psychiatry at Harvard Medical School. Learn more from Professor Walker about sleep's impact on your learning, memory, immune system and even your genetic code - as well as some helpful tips for getting some shut-eye – [click here](#)



Stay Healthy at Home - Withings Health Technology Experts

Global health tech group, Withings, have rounded up some great tips from a nutritionist, a sleep doctor, and a fitness guru for the best ways to stay active and healthy - even if you're homebound – [click here](#)



Mental Fitness

About Mental Fitness - <https://www.davisbusinessconsultants.com/webinar>

Next Webinar - https://zoom.us/webinar/register/WN_07flOjh8R6yXCtOBbqCxIQ

Previous Recordings

Webinar 1 – Thursday 19th March

Video Recording

<https://vimeo.com/398839684/86d415a34b>

Audio Recording

<https://soundcloud.com/user-862368830/mental-fitness-webinar-1/s-IDql6Wdmjrx>

Webinar 2 – Thursday 26th March

Video Recording

<https://vimeo.com/400953952/1dbe085f73>

Audio Recording

<https://soundcloud.com/user-862368830/mental-fitness-webinar-2/s-kAwJg0K1XSN>

Webinar 3 – Thursday 2nd April

Video Recording

<https://vimeo.com/403293521/75224da5a7>

Audio Recording

<https://soundcloud.com/user-862368830/mental-fitness-webinar-3/s-aiQue7aDrdP>

About Mindfulness - Luke Doherty, Harlequins Rugby Team Mindfulness Coach

Luke Doherty is the current Harlequins rugby team mindfulness coach. He trained as an elite athlete and was capped for the England under-18's rugby team - [click here](#)



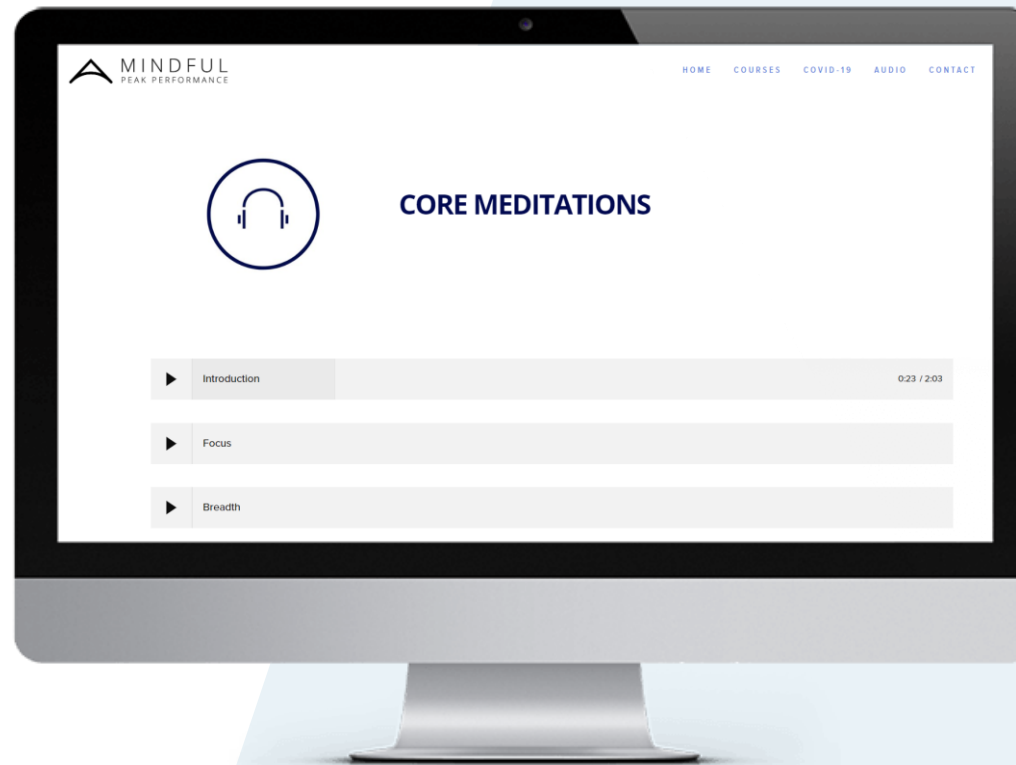
Using Mindfulness to Create a High Performing Team

Harlequins delivering mindfulness sessions to support with wellbeing – [click here](#)



Start Meditating - Luke Doherty, Harlequins Rugby Team Mindfulness Coach

Access to core meditations - [click here](#)





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