



Dr Gordon Spence
HEALTHY AGEING & PERFORMANCE PSYCHOLOGY

Leadership development practitioner.
Psychologist. Exercise scientist.

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Talks include:

- Healthy Ageing as a Personal Concern
- Taking Enjoyment Seriously: The Key to Sustainable Active Living
- Healthy Ageing as an Organisational Concern
- The Health Activation Process: A Game Changer for Workforce Health & Wellbeing

In addition, Gordon creates bespoke presentations for more niche interests.

He does this by leveraging 20 years experience in academia and private practice & by using themes from his recent books **Get Moving Keep Moving** and **26 Ways to Keep Moving**.

About Gordon

A thoughtful & energetic communicator, Gordon is sought out to speak, write, educate & coach on topics and issues related to living and performing well.

With three degrees in psychology and an exercise science degree, Gordon is passionate about the fusion of these complimentary sciences. He leverages a unique blend of skills, knowledge and experience to assist individuals, teams and organisations address challenges related to the transition to hybrid work, including:

employee engagement – leadership effectiveness – workforce wellbeing – sustainable performance – healthy ageing

OPTIONS

Keynote addresses • 2-hour seminars • ½ day seminars • 1, 2 or 3 day workshops

For more visit:

www.healthyageingproject.com