



**Martin Summerfield**

**Anchorpoint** 

# 46.9%

**The average amount of time your mind wanders away from what you are actually doing.**

**Killingsworth & Gilbert, Harvard,**

**2008**

## **Supporting workplaces and individuals with:**

- **Attention and awareness**
- **Wellbeing and Resilience**
- **Self regulation and collaboration**

# Heysham 1 and 2 Nuclear Power Plants



- **10% of staff**
- **32% increase in attention**
- **24% increase in wellbeing**

- **Courses**
- **Workshops**
- **Presentations**
- **One to one support**

**martin@anchorpoint**  
**anchorpoint.org.uk**

