

WELLBEING WITH **WHYSUP**

BRIAN MCDERMOTT – REAL SUCCESS
& WELLBEING

Better Wellbeing Equals A Better Business

Brian McDermott

- Former Arsenal FC Player
- Former Reading and Leeds manager
- Premier League Manager of the month



- Experience in football
- Not feeling good enough
- Managing people
- Addiction & Wellbeing
- Staying well today
- Real Success



WHYSUP

TO GET THE MOST OUT OF THIS SESSION, WE RECOMMEND YOU:



Put your phone on 'Do Not Disturb' or better yet, leave it in another room



Let anyone in your general space know that you'll be occupied for the next 20-30 minutes



Give this session your full attention

These guidelines are here to ensure you're absorbing the content fully with room to reflect



WHYSUP

ALTHOUGH YOU HAVE JUST
HEARD WHYSUP SPEAK, THIS IS
ULTIMATELY ABOUT **YOU**.

Our mission is to get you thinking about your own wellbeing, how you can start to look after yourself better, and to give you the practical tools to get started.

Got questions?

Just ask [@WhysupOfficial](#)

KEY TAKEAWAYS

- Winning and losing – both pass
- Have a target and win the next game (whether that's in football, business or life!)
- If you are struggling, the biggest and most important step is asking for help (even when you're the manager)
 - Know your triggers
 - Material things won't fix internal problems
- Having good people around you, has a positive impact on your wellbeing.
 - Looking after your mental health requires daily positive action
 - Real success is having peace of mind

WHYSUP

USEFUL LINKS / APPS

Workplace info from Mind:

<https://www.mind.org.uk/workplace/>

Find local info and support on the hub of hope:

<https://hubofhope.co.uk/>

Struggling with Alcohol:

<https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/>

<https://www.whysup.co.uk/drugs-and-alcohol-advice/>

Brian's contact details;

LinkedIn is [Brian McDermott](#)

Email: brianmcdermott0861@gamil.com

The logo for WHYSUP, featuring the word "WHYSUP" in a bold, blue, sans-serif font. The letters are all uppercase. A thick blue horizontal bar is positioned directly beneath the text, extending across the width of the word.

ONGOING SUPPORT

Whysup Support + Merchandise

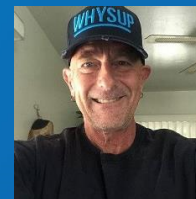
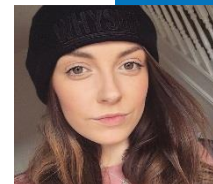
Our merchandise range was launched to create a brand that would be associated with addiction awareness, recovery and a positive state of wellbeing but today it is so much more...

The revenue from our merchandise is used within our community support work to fund the delivery of free services within education and local community groups, as well as funding recognition awards for young people

We also operate a support line for those who reach out and offer free private counselling.

Further information can be found at;

www.whysup.co.uk/help



WHYSUP

CONNECT

www.whysup.co.uk



@whysupofficial



@whysupofficial



@whysupofficial



/company/whysup

