

# UNDER THE HARD HAT

## WITH **MIKE SCOTLAND**

**MAY 12<sup>TH</sup>, 2023 – 12:00 BST | RIGRUN RECOVERY ZONE**

In an eye-opening webinar, manUP speakUP's Founder, Mike Scotland shares his experience of facing a mental health battle while working offshore and the steps he takes every day to transform struggles into more manageable challenges, including:



- Various practical activity tools to keep the mind focused and positively occupied while working away from home
- How working as a team on an extracurricular activity like RigRun can positively affect your mental health
- How to keep the competition friendly and ensure RigRun is a positive experience for everyone

Visit [rigrun.co.uk/recovery-zone](https://rigrun.co.uk/recovery-zone) for more details.

**INCLUDES PRIZE DRAW ENTRY TO WIN A SAD (SEASONAL AFFECTIVE DISORDER) LAMP**



Scan the QR code to  
join the webinar!

