

## Online Wellbeing Services

### Support your Home Workers



#### **Yoga / Pilates: 30 minutes £60, 45 minutes £80 or 60 minutes £100 - up to 100 participants**

An online class designed for your company's staff to practice together while working from home.

#### **Mindfulness Webinar: 45 mins £250 or 60 mins £300 - up to 100 participants**

Help overcome fear and anxiety and cultivate a sense of peace and relaxation

The webinar includes an introduction to mindfulness along with an understanding of how mindfulness can support positive mental health. The Mindfulness Trainer will also guide the group through a series of short meditations which be used to cultivate a positive state of mind and release stress.

#### **Guided Meditation – 15 mins £40, 30 mins £50 or 45 mins £60 - up to 100 participants**

For those who have experience with meditation already, a guided meditation course can be purchased which is focused on key issues people are facing at this particular time and helps to develop individuals practice in developing a calm and positive state of mind daily.

#### **Nutrition Webinar - 30 mins £250 or 45 mins £275, 60 mins £325 - up to 100 participants**

Boost immunity and learn how to eat healthily

This webinar will equip staff on how to make good food choices to boost immunity now, what to make to keep in the freezer should they or family members get ill, along with a recovery plan to aid a speedy recovery.

#### **Building Resilience Webinar – 30 mins £250, 45 mins £300 or 60 mins £350 - up to 100 participants**

Building resilience at times of stress.

Those attending will learn how to manage their stress by identifying their stressors and developing strategies to manage their stress whilst understanding the difference between rumination vs positive action. Longer workshops include a deep relaxation hypnotherapy session.

#### **Working from Home Webinar – 30 mins £250, 45 mins £300 or 60 mins £350 - up to 100 participants**

Maintain healthy relationships and communication strategies.

In this webinar participants will learn different ways to keep in touch, transform stress into a more positive state, and look at the impact of living in close quarters while developing good communication strategies and how to deal with conflict.

Please feel free to email or call us on 020 7096 0385 for more information and a tailored quote for your company.