

Workplace Wellbeing

Focusing on skills to enhance performance and wellbeing in the workplace, ideal for management teams, professional development programs and staff training days.

Building Resilience When Performance Matters

The Benefits:



- Reduced Anxiety
- Skills to Resist Stress
- Lower Blood Pressure
- More Efficient Heart Function
- Better Respiratory Function
- Improved Physical Fitness

Participants will learn and experience gentle stretching exercises that they can do in the workplace, breathing techniques, deep relaxation and a basic meditation practice.

Programs are suitable for all fitness levels.

PROGRAMS RANGE:

I specialise in developing programs to suit the needs of each client

From a one off 30min session to programs over several hours. I also deliver regular weekly sessions over a few weeks, a term or the year.

PROGRAM OVERVIEW:

- Introduction and practical information about the techniques used and why they work
- Breathing and deep relaxation techniques
- Basic Yoga – gentle exercises focusing on the areas of the body that hold most of our stress
- Basic meditation
- Team feedback / discussion and integration of program into the workplace

For further information please contact me on M:0403 229 521.

Thank you for your interest.

I look forward to supporting you and your business in achieving a greater sense of wellbeing.

Regards,

Amanda Carlton
Wellbeing Consultant

