

EXPERIENCES, WORKSHOPS & PROGRAMS

High-impact experiences to inspire learning, facilitate dialogue, develop skills, & promote action!



www.bennybutton.com

benny button
LIVE WELL. HAVE IMPACT.



Our Purpose: to help people and organisations to **Live Well** and **Have Impact**.

Interest and demand for wellbeing investment in workplaces continues to rise.

Cheers to that!

Our data and extensive research indicates that when employee wellbeing improves, performance and contribution also improves. When people have high levels of wellbeing, 75% of these people also have high levels of performance.

Talk about win-win!

We have a strong history when it comes to providing science and data driven development experiences that are highly practical and meaningful - which is critical to achieving wellbeing growth.

The modern hybrid working model sees more people working flexibly and from a variety of locations. Providing valuable online learning experiences as well as in-person training and workshops is important.

These trends have been changing the nature of the 'training room'.

We have mastered a workshop delivery method that brings together the convenience and advantages of remote online learning with the effectiveness and benefits of social learning experiences.

Our digital workshops bring about true changes in behaviour and mindsets, and bring positive change to the wellbeing conversation in teams and organisations. Sessions are highly engaging and interactive. We have seen a significant increase in workshop participation through our unique ability to get people involved and keep them engaged throughout our workshops.

We strategically incorporate reflection activities and opportunities to chat, and use music and visual stimulus to ensure the 'energy of the room' is always where it needs to be to optimise the learning experience.

All our content is backed by leading-edge science, extensive research, and tried and tested practices. We've simply found a way to serve this up in a format that inspires the wellbeing growth and investment of people!

WHAT OUR CLIENTS ARE SAYING

“We partnered with Benny Button during a time of uncertainty and change. They were open to delivering content targeted towards our workforce profile and shared information generously. The Benny Button team are insightful subject matter experts with credibility and deliver workshops and webinars with high energy. All backed up by data and evidence. Focusing on small changes have had a lasting impression on our teams.”

- Jacqui Franchi, General Manager People & Culture - Stride

WHAT OUR CLIENTS ARE SAYING

"I'm really delighted with how well the digital workshops went. Thanks Benny Button for expertly leading us through this important discussion."

- Scott Johnston, Deputy Secretary, Revenue NSW

EXPERIENCES & GROWTH PATHS

We have thoughtfully curated and sequenced experiences into growth paths that promote specific objectives and trajectories for growth to your employees' wellbeing and organisational culture. See overviews from pg. 28.

Employee & Team mission

7 SESSIONS

- Wellbeing Fundamentals
- Grow for good
- Mindful Action Pt 1 & 2
- Stress Mastery Pt 1 & 2
- Wellbeing - Lifestyle Change

Leading Wellbeing

8 SESSIONS

- Wellbeing Fundamentals
- Grow for good
- Mindful Action Pt 1 & 2
- Stress Mastery Pt 1 & 2
- Recover & Recharge Well
- Leading Wellbeing

Cultural Evolution

10 SESSIONS

- Leading Wellbeing
- Wellbeing Fundamentals
- Grow for good
- Innovation - Pt 1 & 2
- Mindful Action Pt 1 & 2
- Stress Mastery Pt 1 & 2
- Recover & Recharge Well

Launch & Growth Sprint

1-3 SESSIONS

- Wellbeing Fundamentals
- + *Growth Sprint (Choose 1-2):*
- Grow for good
- Mindful Action Pt 1 & 2
- Stress Mastery Pt 1 & 2

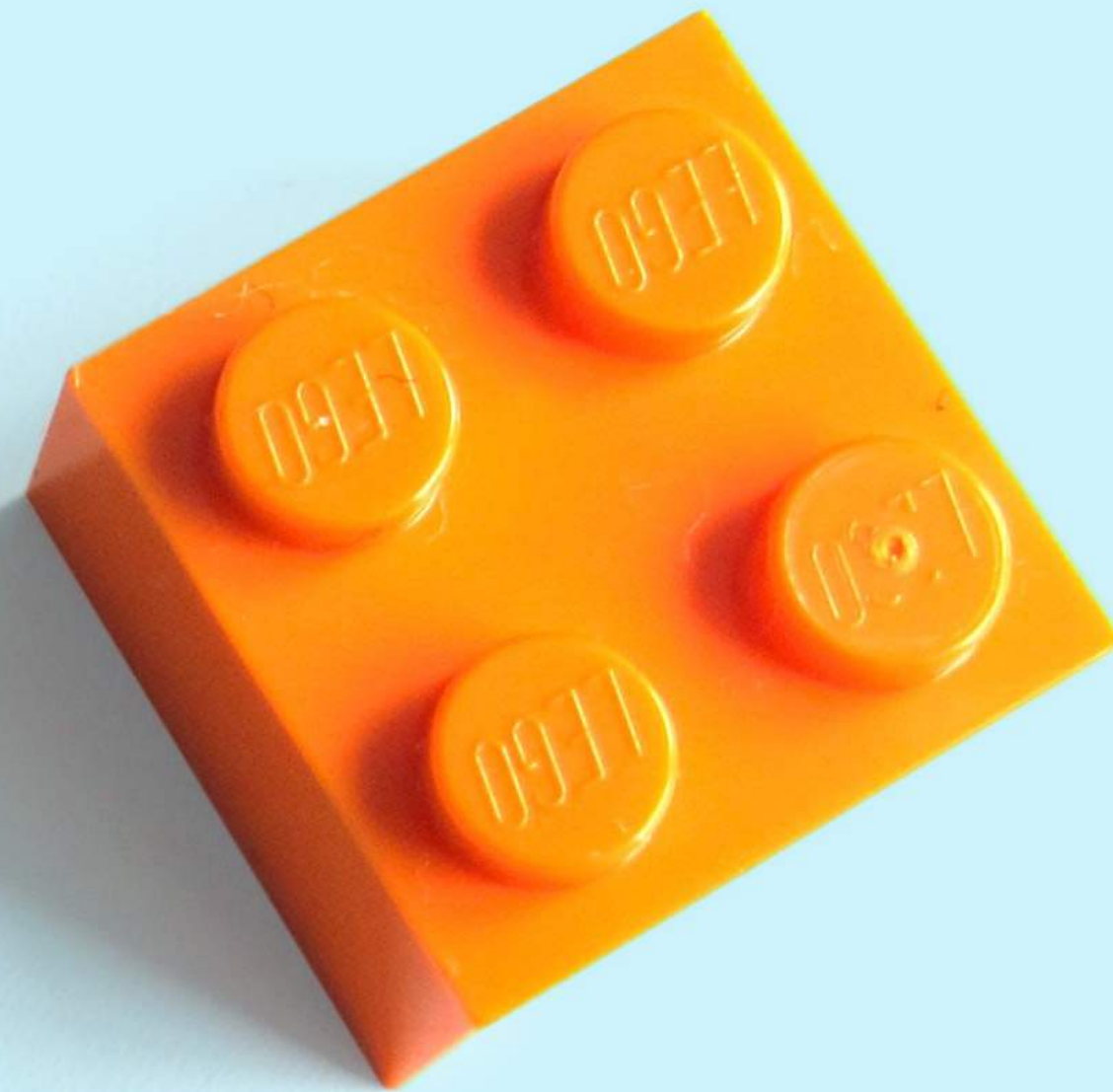
Wellbeing Innovation

4 SESSIONS

- Wellbeing Fundamentals
- Grow for good
- Innovation - Pt 1 & 2

EXPERIENCES

Hit the mark and have impact with learning and development events that are engaging, interactive, and science-based.



WELLBEING FUNDAMENTALS

Wellbeing is as fundamental to a high performance culture as it is to life.

OBJECTIVES

This workshop is designed to inject energy, positivity and hope into your people's life and work. People identify why wellbeing is important to them and reflect on their unique strengths and challenges. People get connected and inspired to integrate self care practices into work and life and take action for their wellbeing.

WELLBEING FUNDAMENTALS

OVERVIEW

This session will:

- Explore wellbeing fundamentals for mental, physical, and social health and resilience in life and work.
- Recognise and discuss modern challenges, key stresses and imbalances that impact wellbeing, performance and growth, and stimulate ideas for action.
- Overview the 8 science-based wellbeing and performance factors and gauge the strengths and challenges across the audience.
- Experience practical exercises and tools for strengthening individual and group wellbeing awareness and action towards improved wellbeing and mental health in life and work.

OUTCOMES

Key outcomes people walk away with include:

- Self-Care - Why and how to integrate wellbeing practices in the workplace and in life.
- Employee morale: people will feel more connected with their peers and their work.
- Clarity - key wellbeing challenges and priority areas for growth in life and work.
- Increased appreciation of the link between wellbeing and performance.
- Practical exercises and tools to integrate into routines for improving wellbeing in life and work.

RECOMMENDED DURATION

- 60 minutes + 30 minutes live panel discussion / Q&A



LEADING WELLBEING

Leaders who strengthen wellbeing culture, strengthen outcomes.

OBJECTIVES

Show leaders where wellbeing fits into the flow of leadership and work, and how to strengthen team and organisational wellbeing culture and performance outcomes.

LEADING WELLBEING

OVERVIEW

This session will:

- Onboard leaders to a framework for building wellbeing culture strategically - instead of reactively.
- Deeper understanding of the dynamics of wellbeing and performance and how this impacts optimal outcomes of the organisation.
- Explore key principles of wellbeing leadership science and the Demands-Resources methodology.
- Help leaders identify what they can and can't control when building wellbeing culture.
- Explain how leaders who are feeling and functioning at their best can create an environment for people and teams to thrive.
- Facilitate dialogue into leadership and employee accountabilities for wellbeing action.
- Onboard leaders to a practical wellbeing 'Check In' process that promotes regular team wellbeing dialogue.
- Help leaders recognise they can lead wellbeing culture professionally even if they aren't perfect at wellbeing personally.

- Examine wellbeing routines leaders neglect and how to find opportunities to encourage teams to exercise self care.
- Encourage leaders to 'put on your own oxygen mask first before helping others' so they can be and lead at their best.
- The self-care message can start with leaders being encouraged to put on their own oxygen mask first so they can be at their best to lead and support their team.

OUTCOMES

Key outcomes leaders walk away with include:

- Effective ways to lead wellbeing and show consistent commitment to wellbeing culture.
- How to rally and support team action around wellbeing challenges and opportunities for improvement.
- Tools to regularly check in and strengthen wellbeing culture.
- Leaders will get a sense that leading wellbeing can be integrated into the flow of their work.

RECOMMENDED DURATION:

- 2 x 60 minutes + 30 minutes live panel discussion / Q&A

STRESS MASTERY

How upgrading our mindsets and boosting our resourcefulness are key to resilience.

OBJECTIVES

This session is for everyone because stress is inescapable. Stress not only impacts organisational productivity, it impacts people's lives. Many view stress as a major hindrance to wellbeing and performance in all areas of work and life. But there is a catch. Although stress can be very challenging, science shows us that it is not always negative or debilitating. Stress can be powerfully positive and people can stress better with practice - even mastering their experience of stress in ways that strengthen resilience and fuel growth. These sessions show people how!



STRESS MASTERY

OVERVIEW

This session will...

- Explore the truth (aka science) about stress - how to harness it, grow from it, and master it in life and work.
- Draw on the latest science and interventions for upgrading our relationship and responses to stress.
- Learn how to practise new mindsets that strengthen stress responses and promote resilience.
- Control & Influence - How to navigate stress and challenge we can control, and how to approach what is out of control to avoid unnecessary wear and tear on health, wellbeing and performance.
- Emotions - How emotions influence experiences of stress - personally, professionally and socially.
- Resourcefulness - it's the 'new black' - Do away with the old bounce back and harden up resilience messages and learn how resourcefulness is a powerful and natural process of human resilience. Not only does it promote recovery, it drives post-challenge growth.

OUTCOMES

Key outcomes people walk away with include:

- Evidence-based exercises that upgrade stress mindsets and responses to promote resilience and resourcefulness.
- Stress Mindsets - Introduce new science helping us upgrade our relationship and responses to stress, identifying unhelpful and outdated mindsets and practicing approaches that strengthen stress mastery.
- Better understanding of the mind and body responses to stress.
- How to reframe 'challenge stress' to harness the activation response for high performance and resilience.
- Broader set of labels to recognise types of stress and enhancing vs hindering impact.

RECOMMENDED DURATION:

- 2 x 60 minutes + 30 minutes live panel discussion / Q&A

Also available as:

- Single session i.e. Keynote (45-90 mins)
- 3hr workshop inc. skills practice



GROW FOR GOOD

How to move from knowing better, to being better.

OBJECTIVES

One of the biggest challenges people face when investing in wellbeing is establishing and sticking with routines. This session shows people what it takes to grow for good using the latest behavioural science tools and techniques, and how to navigate relapse along the growth path.



GROW FOR GOOD

OVERVIEW

This session will:

- Provide a comprehensive process and action-focused checklist for initiating and sustaining learning, progress, and growth.
- Outline how traditional 'outdated' goal setting tools and motivation tactics tend to fall short.
- Get realistic about taking action, highlighting the importance of starting small to build momentum and drive progress over time.
- Help people to demonstrate resilience, addressing setbacks and relapse, revisiting growth priorities and revising plans that people promote growth for good.

OUTCOMES

Key outcomes people walk away with include:

- Clear understanding of what process and practices help us take action and move from knowing better to being better.
- Practical solutions for setting and achieving goals.
- Principles for identifying and responding to relapse.

RECOMMENDED DURATION:

- 60 minutes + 30 minutes live panel discussion / Q&A



MINDFUL ACTION

The crux of high wellbeing and performance comes from optimising attention and action.

OBJECTIVES

Identify modern-day traps, habits, and biases that weaken mindful awareness and attention, and how mindful practice strengthens mindful action, wellbeing, and performance in work and life.

MINDFUL ACTION

OVERVIEW

This session will...

- Challenge people to explore the traps to being mindful and focused - from modern-day distraction and multi-tasking, to underlying biases towards negativity and mind-wandering.
- What is Mindful Action and how to apply it in work and life.
- The value of mindful practises for improving wellbeing and performance.
- Understand how mindfulness is key to mastering stress.
- Identify defaults, habits, and biases that render us unproductive and unstable.
- Time well spent - Learn practices that help you perform with greater focus, flow and flexibility.
- Learn how breathing influences our nervous system, stress activation, and energy levels.
- Practice makes progress - How practicing mindfulness is cross-training for wellbeing and performance.

OUTCOMES

Key outcomes people walk away with include:

- Experience with practical strategies and techniques for mindful action that strengthen performance and wellbeing.
- Identify defaults, habits, and biases that compromise performance, cause stress, and impact health and wellbeing.
- Practices for building mental and emotional awareness, focusing attention, being psychologically flexible, and taking effective action - even in times of pressure and uncertainty.
- How to punctuate our day - integrating simple routines and exercises to improve our personal, professional, and social life.
- Knowing better to being better - More than understanding the science and strategy, experiencing practice that makes it easy to integrate into life and work routines.

RECOMMENDED DURATION:

- 2 x 60 minutes + 30 minutes live panel discussion / Q&A

Also available as:

- Single session i.e. Keynote (45-90 mins)



OPTIMISING COLLABORATION

Strengthening a collaboration culture to drive sustainable high-performance in teams and relationships.

OBJECTIVES

Explore how to optimise collaboration in teams and relationships, and the challenges to building and sustaining a high-performing team culture in the modern age.

OPTIMISING COLLABORATION

OVERVIEW

This session will...

- Explore the science and key practices that drive sustainable collaboration and high-performance culture.
- Illuminate key personal and interpersonal strengths and challenges associated with forms of communication and interaction.
- Highlight how stress, pressure, and perceived risks trigger human instincts, counterproductive biases and defensive reactions that disrupt cooperation and collaboration.
- Establish key building blocks of trust, and difficulties navigating mistrust and violations of trust.
- Explore the role of communication and social behaviours for achieving optimal outcomes together, and the impact of miscommunication, misunderstanding, and communication breakdowns.
- Outline the role of Psychological Safety for supporting a culture of high-engagement, collaboration, innovation, change agility, and wellbeing.
- Help people adopt a 'win-win' mindset and methods for achieving mutually beneficial outcomes through collaborative relationships and teamwork.

OUTCOMES

Key outcomes people walk away with include:

- A solid understanding of values and practical approaches for building sustainable relationships and a culture of collaboration.
- Increased awareness of how trust, mutual respect, inclusivity and cooperation lead to better interpersonal and team interactions and outcomes.
- Clarity on human defences that can trigger behaviours and communication that prove counterproductive to collaboration.
- Insights into the role and impact of different communication methods in interpersonal settings.
- New ways to talk about how to work together towards collectively beneficial outcomes.

RECOMMENDED DURATION:

- 90-120 minutes includes facilitated dialogue into relationship and communication dynamics.
- In-person events include an immersive 30 min group exercise.

A hand holding a white chess piece (a king) over a black chess piece (a king) on a chessboard. The scene is lit from the side, creating strong shadows and highlights on the pieces and the board.

WORKPLACE CIVILITY & BULLYING

How to recognise and respond to bullying to course-correct workplace culture.

OBJECTIVES

Develop a culture of psychological safety where people surface and address inappropriate behaviours in the workplace.



WORKPLACE CIVILITY & BULLYING

OVERVIEW

Although bullying is a term that has certain parameters and criteria, it's perhaps even more important to empathise with the feeling of being bullied. People often use the term bullying to describe the feelings associated with experiencing or witnessing inappropriate or unfair behaviours in the workplace.

It is helpful for people to address feelings of bullying by better identifying types of inappropriate behaviour that can manifest as these feelings. When people can more clearly and confidently identify and express their feelings and the behaviours associated with them, there can be better reporting, dialogue and intervention.

Establishing an environment where it is safe to surface, discuss, and address inappropriate workplace behaviours - from victims to witnesses to the whole community - will strengthen psychological safety in the workplace.

WHAT WE WILL COVER

Key areas this workshop will cover include:

What is bullying & incivility?

- What is bullying & victimisation?
- What is incivility & injustice?
- What does it look like in a workplace context

How can it happen in the workplace?

- Examples of how & why bullying emerges & persists in the workplace
- Psychosocial risk factors associated with bullying & incivility

How to respond?

- Putting a name to bullying that is taking place
- Language for better identification & dialogue
- Positive steps to take for self, in teams, with leaders & key support resources / services

RECOMMENDED DURATION:

- 1-2 x 60 minute interactive workshops that can include breakout groups, live panel discussion &/or Q&A

A person with long hair, wearing a red hoodie and black leggings, is seen from behind, stretching their arms above their head on a paved path. The path is lined with trees and has fallen leaves scattered on it. The scene is bathed in the warm, golden light of a sunrise or sunset, with the sun low on the horizon to the left, creating a lens flare effect.

RECHARGE WELL

How to optimise resources, boost energy and prioritise recovery

OBJECTIVES

Investing in routines that conserve and boost resources for sustainable high performance and wellbeing.

RECHARGE WELL

OVERVIEW

There has been a rise in stress and mental health challenges in our work and lives in recent times. Burnout risk is high and now officially recognised by the World Health Organisation.

How people recover and show up is critical for the future success and sustainable productivity of your teams and your organisation.

When investing time in recovery it's important that people consider doing the things that will recharge and rejuvenate them - not what will put their wellbeing and health at greater risk.

We designed an experience to inspire people to learn about and decide what micro and macro recovery can look like in their work and life routine.

OUTCOMES

Key outcomes people walk away with include:

- A practical 3-part approach: Recharge (Charge the battery), Conserve (Reduce the waste), and Invest (Win-Win energy exchange)
- Vital wellbeing tips backed by science, timely exercises, restorative routines, and even some playful practices
- How we need to switch our stress alarm system to 'All Clear' to aid our recovery
- What it takes to be feeling and functioning well in preparation for transitions ahead - change, hybrid work, peak work periods
- How engaging in things that are fulfilling and meaningful yields significant ROI
- How to reset and restore a sense of balance

RECOMMENDED DURATION:

- 1 x 60 minutes + 30 minutes live panel discussion

WELLBEING - LIFESTYLE CHANGE

A wellbeing upgrade you can target towards the most important area for your group.

OBJECTIVE

How to integrate important wellbeing promoting routines into the flow of work and life.





WELLBEING - LIFESTYLE CHANGE

OVERVIEW

This session will...

- Explore how to fit wellbeing routines into the work-life rhythm.
- Provide leading edge wellbeing routines backed by science.
- Address key challenges people face when learning and changing behaviours - whether adopting new wellbeing routines or adjusting existing ones.
- Involve guest experts who can bring proven methods to support the unique needs and challenges of the group.
- Focus on one wellbeing routine of your choice - selecting either -
 - Movement and Physical Activity
 - Nutrition, Hydration & Digestive Functioning
 - Sleep, Rest and Relaxation
 - Building and Maintaining Win-Win Relationships

OUTCOMES

Key outcomes people walk away with include:

- Practical, proven tools and techniques for making lifestyle changes and building stronger wellbeing routines.
- A greater understanding of barriers to change and points where relapse is more likely to occur.

RECOMMENDED DURATION:

- 1 or more x 60 minutes + 30 minutes live panel discussion / Q&A



INNOVATION WORKSHOP

Drive positive impact through wellbeing insight, ideas and innovation.

OBJECTIVES

A science-based innovation process designed for groups to transform wellbeing insights into innovative ideas that can be implemented for positive impact on wellbeing behaviour and culture.

INNOVATION WORKSHOP

OVERVIEW

This session will...

- Bring groups of people together to generate, pitch and evaluate wellbeing ideas and prioritise implementation.
- Immersive, multi-stage idea generation process ensures participants are engaged in producing a level of idea diversity and large volume of great ideas.
- Integrate wellbeing data insights and key principles into the idea design and evaluation.
- Guide the facilitation of breakout groups to ensure optimal idea generation and collaboration that strengthens ideas, pitching, and implementation.
- Digital idea capture and evaluation tools provide a complete record of idea production, pitching, evaluation and prioritisation processes.

OUTCOMES

Key outcomes include:

- Clear list of ideas captured, fleshed out, and evaluated, stored securely and shared using cloud-based tools.
- Guidance on how to move from wellbeing insights and ideas to implementation and impact.
- Build individual and team confidence generating and communicating innovative ideas.
- Strengthen team and leader understanding on how to evaluate ideas, and prioritise and plan implementation.

RECOMMENDED DURATION:

- 2 x 90 minutes workshops
- Includes pre-session creative thinking exercises and digital capture of innovative ideas.

CULTURAL EVOLUTION

Take stock of the stories and stats showing wellbeing progress - from individuals and teams through to leadership and culture.

OBJECTIVES

People will reflect on their learning and growth and develop a story of how this impacts their work and life.



CULTURAL EVOLUTION

OVERVIEW

This session will...

- Understanding how wellbeing for people, teams, leaders and organisational has evolved.
- Acknowledge all progress - from raising awareness and promoting learning through to personal and professional development and growth.
- Share stories of success and unpack all learning - including what changes are yet to be realised.
- Embed what worked, learn from what didn't, and level up!
- Summarise learning, action, growth and progress.
- Recognise challenges and relapse.
- Celebrate what worked as well as what didn't (to promote insight and learning).
- How to promote the ongoing growth - to evolve culture and embark on the next cycle of Explore-Transform-Evolve.

OUTCOMES

Key outcomes people walk away with include:

- Understanding how wellbeing for people, teams, leaders and organisational has evolved.

RECOMMENDED DURATION:

- 60-90 minutes can include 30 mins group participation, panel discussion / Q&A.

WHAT OUR CLIENTS ARE SAYING

"The Benny Button programme has changed me for life! I have attended many leadership courses and specific training in many areas that have shaped my professional career but never have I had such a path of discovery as I had with Benny Button"

- Kevin Miller, Contract Delivery Manager, UGL Limited

GROWTH PATHS

We have thoughtfully curated and sequenced experiences into growth paths that promote specific objectives and trajectories for growth to your employees' wellbeing and organisational culture.

EMPLOYEE & TEAM MISSION

Drive employee and team learning and growth in key areas of wellbeing.

7 EXPERIENCES

1. Wellbeing fundamentals
2. Grow for good
3. Mindful Action Pt 1
4. Mindful Action Pt 2
5. Stress Mastery Pt1
6. Stress Mastery Pt 2

Your choice of:

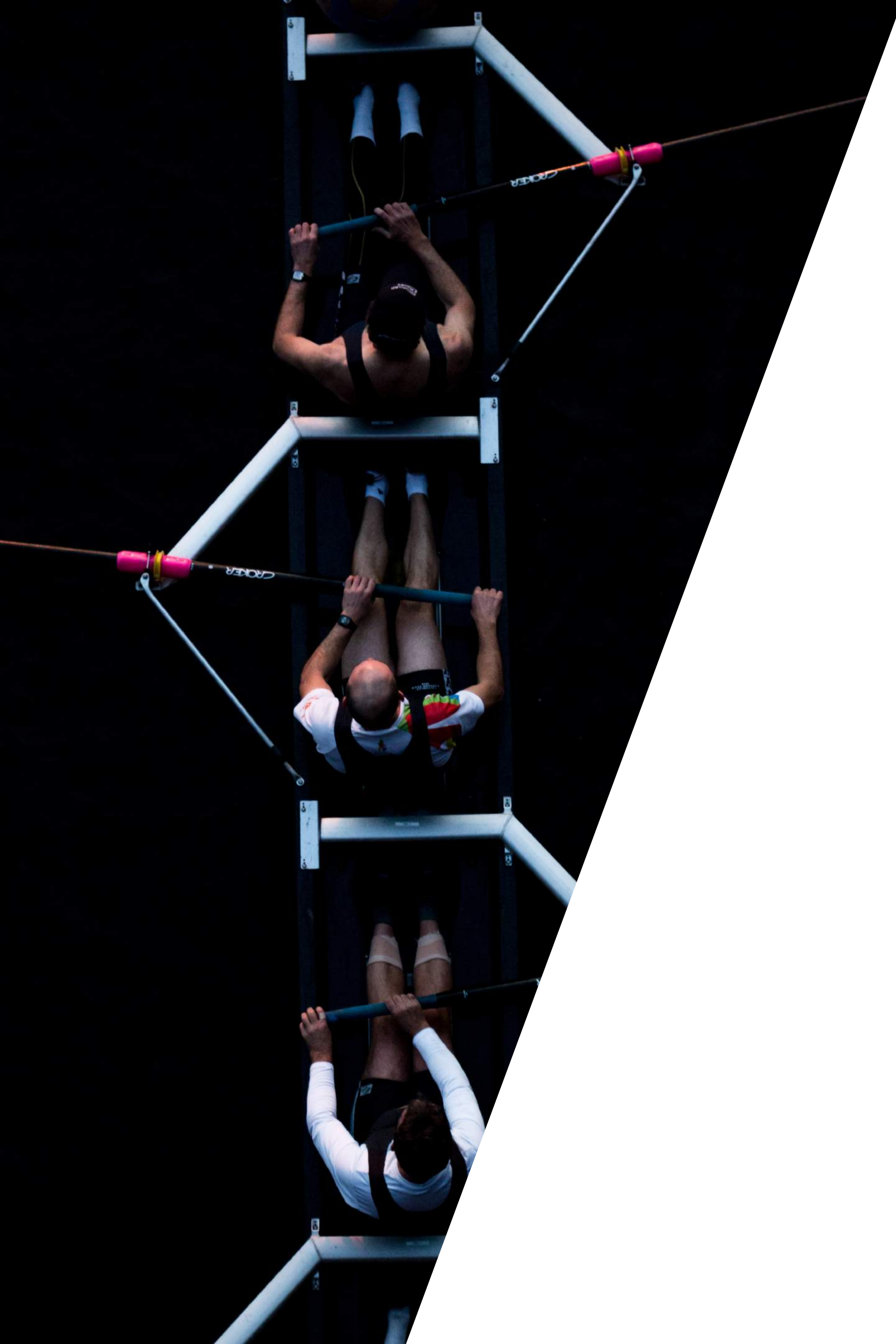
7. Wellbeing - Lifestyle changes or Recover & Recharge well

Est. timeline - 6 months

Relevant 'extensions' -

- Wellbeing Innovation (Pt 1&2)





LEADING WELLBEING

Upgrade leader capability and drive their commitment to strengthening wellbeing culture.

8 EXPERIENCES

1. Wellbeing fundamentals
2. Grow for good
3. Mindful Action Pt 1
4. Mindful Action Pt 2
5. Stress Mastery Pt 1
6. Stress Mastery Pt 2
7. Recover & Recharge Well
8. Leading Wellbeing

Option to substitute:

- Workplace Civility & Bullying or Cultural Evolution

Est. timeline - 6-9 months

Relevant 'extensions' -

- Innovation (Pt 1&2)
- Wellbeing - Lifestyle change

CULTURAL EVOLUTION

Engage leaders and employees in the evolution of a wellbeing and high-performance culture.

10 EXPERIENCES

1. Leading Wellbeing
2. Wellbeing fundamentals
3. Grow for good
4. Innovation - Pt 1 Ideas
5. Innovation - Pt 2 Implementation
6. Mindful Action Pt 1
7. Mindful Action Pt 2
8. Stress Mastery Pt 1
9. Stress Mastery Pt 2
10. Recover & Recharge Well

Option to substitute:

- Workplace Civility & Bullying or Cultural Evolution

Est. timeline - 12 months

Relevant 'extensions' -

- Wellbeing - Lifestyle change





LAUNCH & GROWTH SPRINT

Kick start a wellbeing focus for learning and growth with your people, a team or your whole organisation.

1 - 3 EXPERIENCES

- Wellbeing fundamentals

Est. timeline - 3 months

+ *Growth Sprint (Choose 1-2):*

Relevant 'extensions' -

- Grow for good
- Mindful Action Pt 1 & 2
- Stress Mastery Pt 1 & 2
- Recover & Recharge Well

- Wellbeing Innovation (Pt 1&2)
- Upgrade to Employee & Team Mission
- Upgrade to Leading Wellbeing

WELLBEING INNOVATION

Engage your team in generating innovative ideas and initiatives to strengthen wellbeing culture.

4 EXPERIENCES

- Wellbeing fundamentals
- Grow for good
- Innovation - Pt 1 Ideas
- Innovation - Pt 1 Implementation

Est. timeline - 3 months

Relevant 'extensions' -

- Leading Wellbeing
- Additional sessions Employee/Team mission



CHOOSE YOUR OWN ADVENTURE

Build your own growth path

HOW IT WORKS

Design the path that fits for your people, context, challenges, opportunities and strategic priorities.

If you believe your people would benefit the most from a customised session or growth path, we will support your 'Choose your own adventure' enthusiasm.

We help teams and organisations identify their unique challenges and growth opportunities; measure risks, strengths and development needs, and design a bespoke growth path.

Contact hello@bennybutton.com to learn more.

WHAT OUR CLIENTS ARE SAYING

"It is a real skill to create training via Zoom and make the 1.5 hours fly by, your structure and content allow this to happen."

- Deborah Brown, UGL Operations Manager

DATA-DRIVEN

Talk to us about taking your experience to the next level by integrating the Benny Button Profiler and Checkpoint.

DATA PROVIDES CONTEXT

Data will help employees and leaders understand 'why' the schedule of experiences is relevant and important. This will improve participation and engagement in learning experiences - making them a highly relevant investment of time and energy.

DATA INFORMS DESIGN

Data insights and results can highlight key or unique needs, challenges, and strengths that inform the design, audience targeting, and sequencing of growth paths and experiences.

DATA DETERMINES VALUE

Data provides an important baseline from which to measure change, growth, impact and value on investment in employee wellbeing culture.



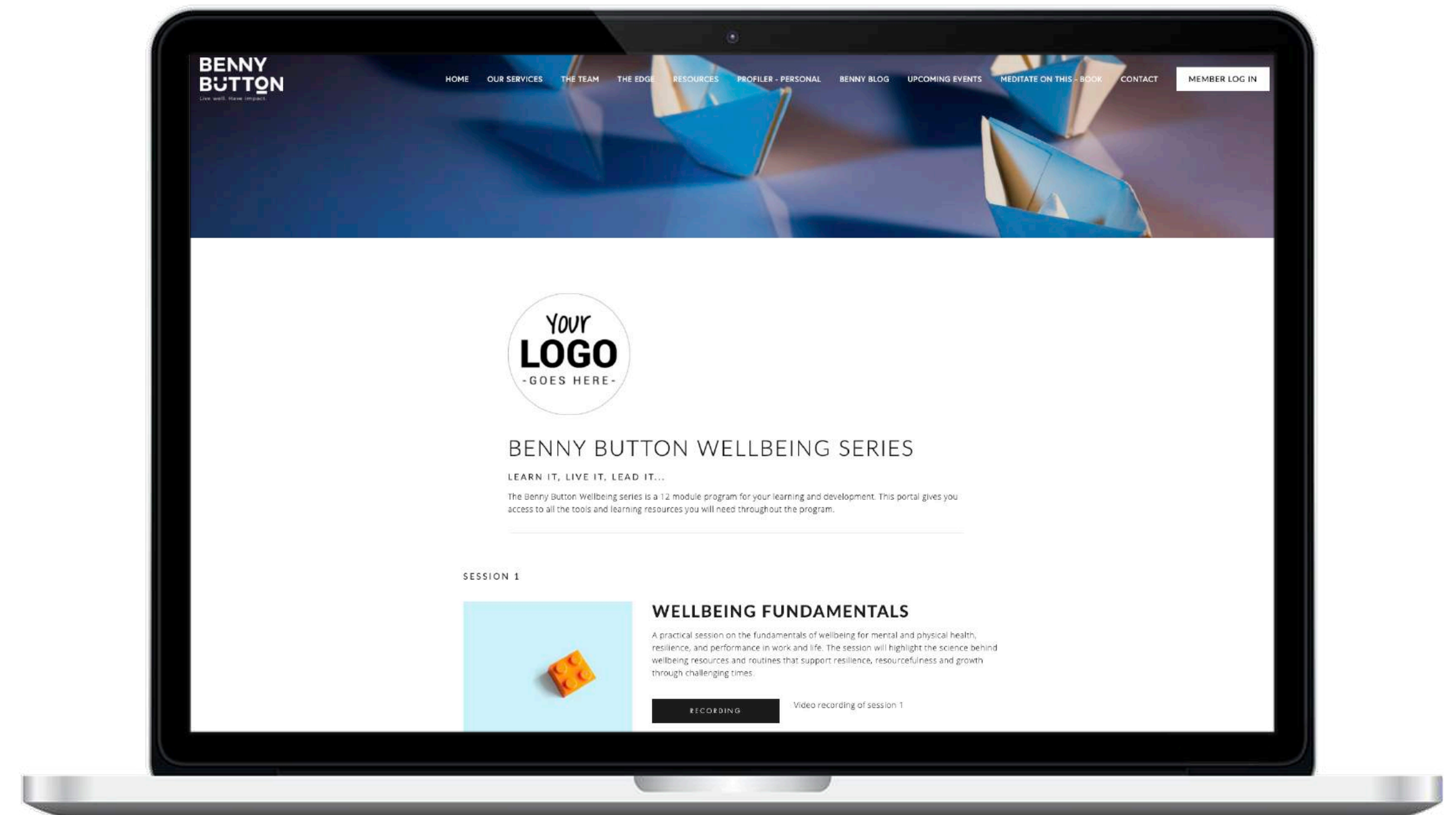
RESOURCES AT YOUR FINGERTIPS

We make sure everyone has the learning resources and tools to support their development over time.

Choose between using your own internal online environment or Learning Management System, or allow us to setup and host a password protected online portal loaded with key learning resources and practical tools to support the development of your people.

Your people will have access to:

- Digital downloads / handouts
- Tools, Techniques & Interactive Exercises
- Session recordings
- Recommended apps, books, podcasts, & more...





WHAT OUR PARTICIPANTS ARE SAYING

"This was a brilliant Webinar, thank you, very timely."

"Thank you - I am grateful to my organisation for providing this resource today :)"

"I got more out of that than I thought I would! Thanks so much, great reminders"

"Every day I do a gratitude exercise - today's is easy - thank you for this great session!"

"Thank you! Really valuable content and great to bring my attention back to where it is needed in the current climate :)"

"Thank you for the inspiration to get into improved self-care and balance"

"Thanks, what a privilege to have the opportunity to focus on our wellbeing in the middle of a busy working day"

SOME OF OUR HAPPY CLIENTS

Allens & Linklaters





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