



Wellbeing in the workplace

A range of wellbeing services for the workplace provided by
qualified therapists and consultants

How we can help

Stress, depression and anxiety was accountable for 44% of all work-related ill health cases in 2017/18 (The Health and Safety Executive). More and more organisations are realising the importance of helping their staff to relieve stress, remain calm under pressure, maintain a happy work-life balance, deal with conflict and be happier and more productive.

Many organisations include wellbeing services in their employee benefits package or offer individual services as incentives or rewards.

Your challenge

You may have concerns about your sickness statistics, with staff absent due to stress-related conditions. Or those who are present at work may be tired, stressed, demotivated and underperforming. They may be struggling with problems outside of work, challenges within the workplace, lack of self-confidence or motivation or a myriad of other stress-related concerns. This is affecting performance and ultimately your bottom line. You want happy, calm and motivated staff working at the top of their game. You want them to show resilience, face challenges, deal with stress and act with kindness, thought and compassion. This results in a happier, healthier workforce performing at their optimum best and delivering results.

The solution

Whether you wish to offer staff some time during the working day to help them to relax and unwind or whether you want them to learn the tools and techniques to manage their own stress effectively, we work with you to understand your goals and help your team to:

- ✂ Reduce stress and anxiety
- ✂ Find and maintain a work-life balance
- ✂ Improve resilience – remaining calm through challenges and being focused during times of pressure
- ✂ Understand personal internal narrative and thoughts
- ✂ Access and maintain positive emotions
- ✂ Manage behaviours and reactions
- ✂ Make effective and calm decisions
- ✂ Deal with specific emotional or physical problems that are impacting on their work
- ✂ Increase motivation and feel inspired
- ✂ Accelerate performance.

Summary of services

For groups





The following sessions can be offered to groups and if required, tailored to your needs. They can also be combined with services for individuals.

25-minute 'Stressball' sessions (page 5)

These sessions provide participants with 25 minutes of total relaxation. It is a time they can switch off and unwind and be guided into a deeply relaxing session with guided visualisations. Perfect for a quick and effective de-stress during the working day, leaving staff refreshed and refocused.

45-minute 'Managing the Mind' workshops (page 6)

These sessions give participants tools and techniques they can use regularly to help them deal with stress, manage their emotions and behaviours and remain calm under pressure. The sessions also offer information and insight into the workings of the mind and the body. There are four different topics available:

-  Stress relief and mindfulness
-  Manage your thoughts
-  Change your emotional state
-  Improve your sleep.

90-minute 'Managing Stress' Masterclass (page 7)

This masterclass teaches delegates how to relieve stress, remain calm under pressure, manage their thoughts and actions and achieve a state of balance, enabling their performance and motivation at work to increase. The masterclass includes relaxation exercises, practical work, mindfulness, exploration of the mind-body connection and a variety of take-home tools and techniques to use in the future.

Six-week 'Managing Yourself' wellbeing course (page 8)

This course covers six different topics and is aimed at participants who will be able to attend all six. They would ideally be run weekly or fortnightly. The overall aims are to educate and empower participants to manage their stress, challenge their thinking, have control over their emotional state, boost self-confidence and feel more connected to their own wisdom, enabling them to deal with change and make effective decisions.

Yoga or fitness classes (page 9)

Yoga can be an effective way of relaxing the mind and the body as well as improving strength and flexibility. Yoga classes can be run as one-off classes or as a course of classes. Fitness classes are a fun way of increasing fitness, strength and flexibility.

For individuals

Services for individuals can be offered as an employee benefit or you may wish to offer these as a particular incentive or reward for achieving targets. Services include:

25-minute ‘De-Stress and Re-balance’ session

This session uses healing techniques, with individuals fully clothed on a couch, to release stress, tension and troublesome emotions or physical discomfort. The session helps to balance body and mind resulting in a feeling of calm, perfect for returning to work more relaxed and focused.

25-minute ‘Power up the mind’ session

This session involves training the individual’s subconscious mind to enhance self-confidence, motivation and clarity in decision making. The result is a calm, more confident individual, focused and motivated to achieve their goals. A longer session can be offered to focus on a specific outcome such as overcoming nerves about a forthcoming presentation or preparing for a daunting client meeting.

15-minute chair massage

This clothed, seated chair massage is a popular and highly effective way to promote well-being, creating a positive workplace environment. A 15-minute session increases healthy blood flow throughout the body, waking up cells and focusing the brain, with employees becoming more alert with greater mental clarity and attention to detail.

One-to-one coaching

One-to-one executive coaching supports your managers and leaders to excel and perform at their optimum level. The coaching is action-oriented and built around the individual – taking into account personalities, skills, strengths and desires.

Personal training

Our qualified personal trainer is available to do one-to-one training sessions with staff at the workplace – ideal for a lunch break or pre-or post-work routine. Training sessions are personalised for each person and are designed to maintain motivation and help individuals achieve their fitness goals as well as providing lifestyle habits advice.. A few PT sessions are great for a staff incentive or thank you!

If you are looking for a particular service not listed here, please get in touch. We have a number of associate therapists and consultants who specialise in different areas.

'Stressball' sessions (25 minutes)

These sessions are designed to provide a space and time for employees to totally relax; to switch off from the pressures of the day, release stress and find a sense of calm and tranquillity. 25 minutes is the perfect amount of time for employees to totally relax and reboot without encroaching into their working day.

Sessions can be offered in the morning, to create a positive start to the day. They are also popular at lunchtimes to relieve any stress that may be building through the morning and prepare for the afternoon. They can also be offered to help wind-down at the end of the working day.

Sessions will include guided visualisations and relaxation techniques. If you wish to book a series of ongoing sessions, different content can be offered in each one.

'Managing the Mind' workshops (45 minutes)

We offer a choice of four workshops:

1) Stress relief and mindfulness

This workshop will help employees to learn how our bodies respond to stress. It will introduce the concept of mindfulness and will teach participants mindfulness and breathing exercises they can use throughout their day to release stress and feel calmer and more in control.

2) Manage your thoughts

This workshop helps employees to understand the different types of thoughts they may have, how these may be affecting them and how to manage them effectively, resulting in decreased anxiety, improved self-esteem, positive changes in behaviour and an increase in resilience.

3) Change your emotional state

This workshop teaches employees techniques to help them change their emotional state, creating a more positive, focused or calm state. This enables them to handle challenges more effectively, remain calm under pressure and feel more relaxed. Techniques include mindfulness, neuro-linguistic programming (NLP) and visualisations.

4) Improve your sleep

This workshop explores the importance of why sleep is essential for effective brain and body functioning and teaches strategies for getting a good night's sleep. It includes an introduction to sleep science, considers the effects of sleep deprivation and offers strategies to improve sleep routines.

At the end of each workshop, employees will be given a fact sheet to take away with further information, tools and techniques to help embed the learning.

'Managing Stress' masterclass (90 minutes)

This 'Managing Stress' masterclass teaches employees how to relieve stress through both the body and the mind. It includes relaxation exercises, practical work and a variety of take-home tools to help ease stress, manage thinking and increase focus, energy and mental clarity.

Techniques are taken from popular fields including positive psychology, neuroscience, neuro-linguistic programming (NLP) meditation, self-massage and mindfulness.

The masterclass is broken into two main sections; managing stress through the body and managing stress through the mind:

The body

This aspect of the class includes breathing exercises, mindfulness and an exploration of how we use and hold the body. It also offers self-massage techniques which can be used at the desk.

The mind

In this section we consider the different types of thinking and how to manage these thoughts, as well as looking at developing strengths, changing our emotional state and remaining positive and calm under pressure and when facing challenges.

At the end of the masterclass, employees will be given a fact sheet to take away with further information, tools and techniques to help embed the learning.

Six-week 'Managing Yourself' course

Managing yourself – helping you to manage your own emotional wellbeing

During this course employees will learn how to:

- 🦋 Reduce stress and anxiety
- 🦋 Use tools and techniques to become more present
- 🦋 Tune into their bodies
- 🦋 Understand and take control of their thinking
- 🦋 Manage their emotions
- 🦋 Boost their self-confidence and self-esteem
- 🦋 Improve resilience – remaining calm through challenges and being focused during times of pressure
- 🦋 Improve self-awareness and understand their own personal internal narrative
- 🦋 Make effective and calm decisions.

The result is a calmer, happier, kinder, more compassionate and more productive workforce.

The course is run over six weeks (although sessions can be at other time intervals if required). Each session lasts for one hour.

The content is a mixture of basic theory, practical exercises, written exercises and relaxation.

Week 1: Managing the body

Week 2: Managing your thoughts

Week 3: Managing your emotional state

Week 4: Managing your self-confidence

Week 5: Managing your decision-making and inner wisdom

Week 6: Managing the future

At the end of the course, employees will be given fact sheets containing information, tools and techniques to help embed the learning.

Yoga classes

Yoga originated in India around 5,000 years ago and has been adapted in many countries in different ways over the years. It incorporates breathing exercises, mediation and postures to encourage relaxation and reduce stress.

Yoga is said to have the many benefits including:

- ✿ A reduction in stress
- ✿ Relief from anxiety
- ✿ Improved sleep
- ✿ Relief from pain or inflammation
- ✿ Improved flexibility and balance
- ✿ Increase in relaxation and emotional wellbeing
- ✿ Improved strength.

Our yoga classes can be offered at various times of the day. Class length can vary depending on your requirements. The 45-minute classes are popular as they fit well into the working day. If required, we can offer two or three different classes back-to back. Or we can offer them on a weekly or fortnightly basis.

Our qualified yoga teacher can provide mats and other equipment such as balance blocks and blankets.

Fitness classes

Our fitness classes, run by our qualified personal trainer, are open to all abilities. They help staff to improve fitness levels, strength and flexibility in a friendly and welcoming environment. Classes can be run on a regular basis at certain times of day or can be a one-off depending on your needs.

One in four people are physically inactive and many find it hard to fit physical activity into their working day. By offering your employees an opportunity to get fit during the working day you can help improve their physical and emotional health, resulting in a happier, healthier and more productive workforce.

About Intuitive Giraffe

Lindsay Heath

Lindsay established Intuitive Giraffe to follow her passion for helping people to create change and manage stress. She has a private practice in Newbury and Thatcham in Berkshire seeing one-to-one clients and also offers wellbeing in the workplace services to corporate clients.

Qualifications and training

- 🦋 Diploma in Clinical Hypnotherapy including psychotherapy techniques (Royal Berkshire College for Clinical Hypnotherapy)
- 🦋 Certificate in Energy Healing (School of Intuition and Healing, London)
- 🦋 Certificate in Anatomy and Physiology (Como Centre, Oxfordshire)
- 🦋 Certificate in Emotional Freedom Technique (EFT)
- 🦋 Certificate in EMDR (Eye Movement De-sensitisation and Re-programming)
- 🦋 Diploma in Mindfulness
- 🦋 Oncology and the use of hypnotherapy
- 🦋 The Psychobiology of Chronic Pain
- 🦋 NLP (neuro linguistic programming)
- 🦋 Medical Intuition

Professional memberships

- 🦋 Member of The Association for Professional Hypnosis and Psychotherapy
- 🦋 Member of the School of Intuition and Healing
- 🦋 Group Member of the British Alliance of Healing Associations

Lindsay works with a team of qualified therapists, consultants, teachers and coaches.

Vicky Watson

Vicky completed her 500 hour yoga teacher training programme with the Inner Yoga Trust and has been practising yoga for nearly 10 years. She teaches regular classes and 1:1 sessions and is passionate about meditation, yoga and alternative therapies as a way of combating the stresses of modern life.

Simon Grayson

Simon is a Coach, Trainer and Facilitator for a wide range of multinational organisations and former Elite Performance Coach for West Indies Cricket. Simon's passion for helping people to achieve the extraordinary shines through in his one-to-one coaching where he uses his knowledge and insight to support managers to overcome challenges and achieve exceptional results. Simon is an accredited coach, NLP practitioner and Insights Practitioner. He has coached professional sports people and top leaders and managers all across the globe.

Victoria Brown

Vicki is an experienced trainer who qualified through Level 2 and Level 3 Personal Training at the start of her career as well as taking continuing professional development training since then. She works with people of all ages from 20s to 80s with many different needs. She has a passion and enthusiasm for helping people to enjoy exercise and get fitter, stronger and more confident.

Debbie Medlin

Debbie is a qualified Massage Therapist and member of the Complementary Therapy Association. She has a Practitioners Diploma in Advanced Level Functional Massage, a Diploma in Mental Health Awareness and a Practitioners Diploma in Indian Head Massage. Debbie blends five different techniques into her massages and can custom her service to an individual's needs and preferences.

Get in touch

For a chat about what you'd like to achieve, please contact:

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