



HELPING YOU FLOURISH

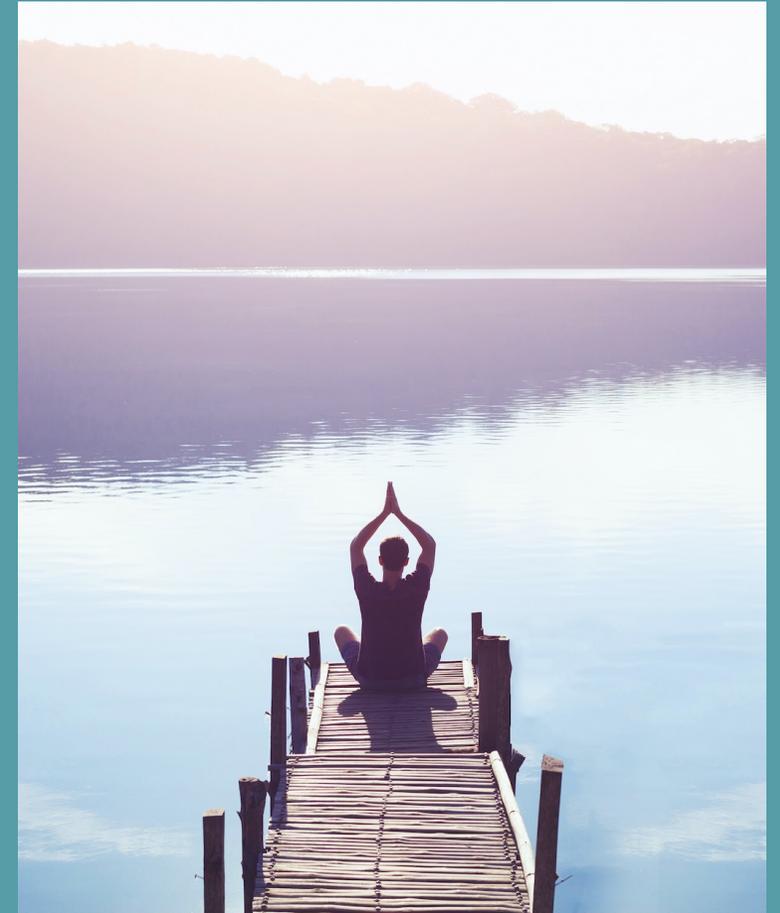
**CORPORATE WELLNESS WORKSHOPS**  
**FROM SEED WELLNESS**

[www.seedwellness.co.uk](http://www.seedwellness.co.uk)

[#seedwellnessuk](https://twitter.com/seedwellnessuk)

# Who are we?

- Seed Wellness is a unique network of over 40 highly experienced, highly accomplished holistic teachers, practitioners & therapists from across the wellness spectrum
- Based just outside London, we work closely with companies across sector and of all sizes to provide an extensive offering of workshops, classes & therapies to boost mind, body & soul
- We have extensive experience with the corporate world, working with the likes of Nestle, Nespresso, Facebook, Urenco & more
- We are committed to authenticity, inclusivity & excellence
- Our aim is inform, inspire & empower employees regarding their own health & wellbeing, providing take-home tools and techniques
- We also work with the NHS, providing much-needed wellness programmes for their teams



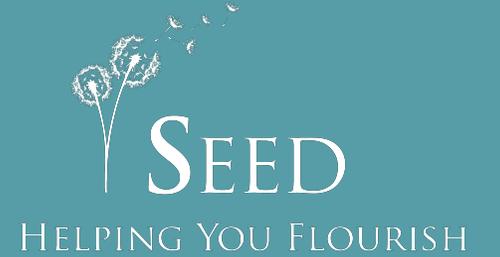
# *Why is wellness in the workplace so important?*

The speed of the digitally driven corporate world and the constant barrage of bleeps, news feeds and notifications mean employees' nervous systems are being overloaded on a regular basis. This can have a hugely negative impact on both wellbeing and productivity.

**AND as research continues to demonstrate a link between stress and ill health,** businesses are increasingly investing in the wellness of their employees to help support mental and physical health and mitigate the risk of anxiety and burn out.



# *What are the benefits of wellness in the workplace?*



## **Attraction & Retention**

- Attracts and retains the best employees
- Helps you stay ahead of the competition
- Ensures staff feel happy and valued

## **Engagement & Performance**

- Positive steps to build a healthy company
- Empowers staff to make informed wellness choices
- An increase in motivation and productivity

## **Reduced Absenteeism**

- Helps you take a proactive approach to absence reduction
- Reduces the impact of absence where staff return quickly
- Creates a committed, healthy and happy workforce



# *How can Seed Wellness help you optimise the performance of your employees?*

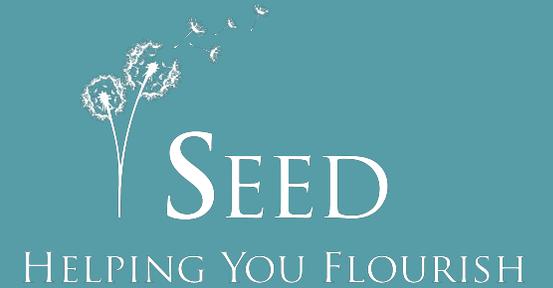


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- We use practical methods through **interactive mind/body workshops, classes & treatments** to calm the nervous system, release stress and restore balance. We ensure that people return to their desks feeling calm, grounded and empowered.
- **We focus on the combination of both physical and mental health** and provide tools and techniques that your employees can use way after the sessions have finished, to help them cope better with stress and the daily challenges of work and life in general.
- **We work with you to provide the right wellness solutions for your employees** and offer a selection of packages to suit all requirements and budgets. We offer a variety of options: individual workshops, packages, team away days or the creation of elements for company meetings.



# *How do we engage your employees for best results?*



We base our offering on the **4 PILLARS OF HEALTH** as follows:

- **RELAX** – exploring healthy ways to bust stress
- **EAT** – focusing on what we put into our bodies to be optimally well
- **MOVE** – offering holistic exercise to help improve mobility, strength, flexibility & balance in body & mind
- **FLOURISH** – we focus on mental wellbeing as an essential part of overall health



# Workshops (on & off-site)

- **WOMEN'S HEALTH** – how to manage / navigate life's cycles
- **MEN'S HEALTH**– Exploring the main health risks for men
- **NUTRITION** – For better energy / vitality
- **MENTAL HEALTH / PSYCHOLOGY** – Coping with stress
- **COACHING** – for productivity, positivity & focus
- **NATURAL HEALTH** – Boost health & wellbeing naturally
- **PHYSIOLOGY** – avoiding muscular skeletal disorders (MSD's)
- **BREATHWORK** – to manage stress, insomnia & overwhelm
- **SLEEP** – tools to manage / overcome sleep issues



- With over 40 highly accomplished experts at Seed from across the wellness spectrum, we also offer bespoke workshops and away days on any wellness theme / topic you choose
- If you wished to run wellness events off-site, we work with a range of beautiful venues in a variety of locations

# *Classes & Therapies*



## **CLASSES**

- YOGA – FOR MEN & WOMEN
- PILATES - FOR MEN & WOMEN
- BREATHWORK / MINDFULNESS

## **STRESS-BUSTING THERAPIES**

- MASSAGE
- REFLEXOLOGY
- REIKI

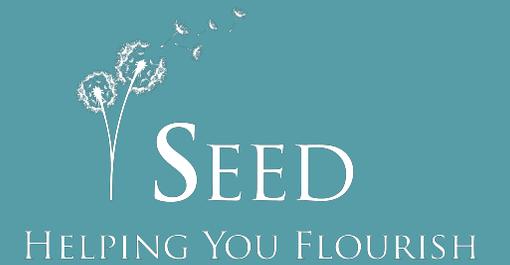


# Costings

- From £300 per workshop; £100 per class & £70 per treatment
- We can offer our workshops and classes either on-site or online
- We can accommodate any size of audience, from small groups to up to 1000 attendees per workshop
- We can work to any schedule
- We can provide a bespoke wellness programme to suit your specific needs
- **NB – Employee health is an investment, not an expense!**



# Testimonials



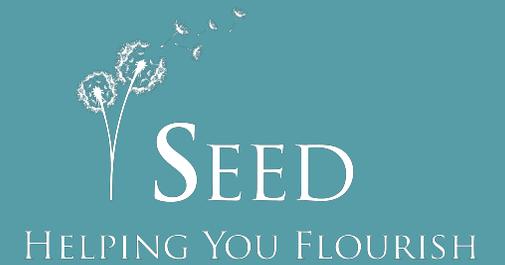
“We chose Seed Wellness because of the variety of wellness topics they could offer our employees, and also the flexibility in which they could deliver them to suit us best. We have seen a positive change in our employees wanting to know more from each topic afterwards and going away with a more positive mindset of how they can help their own wellbeing.” **Hannah Avery, Nestle Cereal Partners UK**

“Thank you so much for the great wellness sessions you have run for us. I thought they were wonderful! All speakers were great. They clearly are experts in their topics. They all communicated the information really well and provided clear answers to all questions. I call it a success!” **Louis Lafreniere-Dupont, Nespresso**

“Thank you Seed Wellness for a fantastic wellness programme... Our teams were very complimentary about each of the workshops you delivered. And the yoga & breathwork session at the end was the perfect way to finish what we all found to be a really powerful, thought-provoking and restoring afternoon.” **Helen Davies, Facebook**

“Seed co-founder, Kate Kirrane, has been teaching yoga to our team weekly for the past 3 years. For many of us, we had never even been on a yoga mat before. Some of the team continued attending the sessions online throughout lockdown and found this to be a hugely valuable support at a challenging time. Now Kate is about to return to our offices for the first time in 2 years. We are really looking forward to it!” **Steve Barnes, Urenco**

# Contact



If you would like to talk to us to explore further or discuss your ideas, please contact:

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For more information about our corporate wellness offering at Seed, visit:

[www.seedwellness.co.uk/corporatewellness](http://www.seedwellness.co.uk/corporatewellness)



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