

## Calm

### Overview

*Movement for Calm* is an exercise-based workshop exploring yogic and muscle relaxation techniques from a range of practices.

The aim is to release tension within the body. When we are stressed or anxious, we produce adrenaline, the 'fight' or 'flight' chemical response. Movement for Calm will help explore ways to restore balance to the chemical reactions produced in the body, loosening muscles and in turn calming both body and mind. This workshop has been developed for forward-thinking organisations wanting to make a real commitment to improving workplace wellbeing.

### Benefits

- Understanding mind/body connection
- Reduced stress and anxiety
- Increased flexibility
- Enhanced sense of calm

### Learning objectives

This workshop will help participants identify areas of tension in the body, and learn exercises and movement-based sequences to release anxiety and stress caused by unnecessary muscle tension. The aim is that people leave the workshop relaxed and refreshed, ready to take on the toughest of corporate challenges.

### Who should attend?

Managers and staff at all levels.

### Format

This workshop can be delivered as a bite-sized, half-day or one-day session for up to 8 people.

### The expert trainer

**Rosie** is on a personal mission to empower every corporate employee to become a wellbeing 'warrior' not a 'worrier'. Having worked in the corporate sector herself for over seven years (in a range of high level sales, recruitment and partnerships roles), Rosie has seen first-hand how important it is to look after both physical *and* mental health to be able to perform and collaborate effectively, and how, so often, the latter gets overlooked in our busy fast-paced 'work hard, play hard' office culture.

Rosie's lively and engaging sessions combine mindfulness, exercise and theatre-based techniques and counselling skills to help clients understand how to manage stress and anxiety within the workplace. They are particularly popular with busy millennial companies (tech start-ups, media agencies, charities, SMEs, etc) alert to the need to maintain and enhance mental health and wellbeing, as the following testimonials show:

'The introduction to mindfulness was engaging, eye-opening and allowed each person to come away with some practical tools to implement in their daily lives, no matter where they were on their journey in mindfulness.'

It gave us an opportunity to take some time out as a team during a very busy period, to reconnect and to have a sense of renewed energy and motivation.

Rosie was an excellent trainer and facilitator, making everyone feel at ease to share their thoughts. I would highly recommend this course to any company that wants to ensure they have a cohesive, effective and healthy team.'

*Joanna Deagle, CEO, Cafe Football*

'Rosie ran a workshop for agenda21 on *Introduction to Mental Wellbeing*. She was such a pleasure to work with, and tailored her presentation to match the level we needed for the business. Rosie managed to get even the most reticent team members involved and participating in the session, and we would definitely work with her again.'

*Alice McKeown, People Manager Agenda 21*