



Feel Good Friday

Time together to relax & unwind at the end of your week

Team mental health matters...

- Give yourself & your team a chance to be away from working in or on the business
- Being away from screen time will enable the team to refresh and refocus their minds
- Learning new concepts & ideas together in a relaxed way helps team members bond
- Building a healthy team takes time, we offer this 60 minutes session so it fits around your working day (plus get in and out time).



What you need...

- Enough comfortable chairs or sofas in a quiet space for your team to easily, sit comfortably for up 60 minutes
- Wifi access code
- Use of a slide projector, with laptop, hook up & white board/surface for projecting onto, & flipchart with paper.
- Invite your team to bring a blanket to keep warm & some water to stay hydrated

Take care of your overall well-being

Learn more about...

- how your brain works
- what triggers stress
- how being relaxed helps access your imagination, to create better ideas



SOLUTION FOCUSED HYPNOTHERAPY DSFH HPD

Better care & wellbeing at work means different things to each team member. Your team will leave feeling more calm, relaxed and refreshed... a perfect to week.



For more information text or call Anna 07484 184 292
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RELAX -REFRAME - REDISCOVER THE REAL YOU