



WORKSHOPS

Why Wellness at Work is so important

£42
BN

Deloitte estimates that the cost of poor mental health to UK employers is between £33 billion and £42 billion per year.

17.9M

According to Health and Safety Executive (HSE) in the UK, in 2019/20, 17.9 million working days were lost due to work-related stress, depression, or anxiety.

£554

CIPD reported that absenteeism costs UK businesses an average of £554 per employee per year, while employees coming to work when unwell costs, approximately £605 per employee per year.

56%

A study by mental health charity, Mind, found that only 56% of employees feel their workplace is supportive of their mental health.

80%

A report by Glassdoor indicates that 80% of UK job seekers consider a company's health and wellbeing benefits when choosing an employer.



Discovering calm Amidst the Hustle: Mindfulness in the Workplace

WORKSHOP
1 - 1.5 hours

Overview

This workshop is designed to equip participants with practical strategies for managing stress in the workplace. Through open discussions, attendees will explore common stress triggers, emotional responses, and coping mechanisms. The workshop delves into the science behind stress and the autonomic nervous system (ANS). Participants will learn effective techniques to try, including cultivating awareness, reframing perspectives, and utilising breathwork. These tools aim to empower individuals to navigate stress more effectively, fostering a sense of calm and resilience in the midst of life's demands.

Key take aways

- Awareness of personal stressors and triggers.
- Techniques to use to help with managing stress and building resilience both in professional or personal settings.
- An understanding of the autonomic nervous system and why we experience stress.
- An opportunity for mutual sharing, encouragement, and connection.



Advancing Your Potential: Growth and Development Workshop

WORKSHOP 2
1.5 hours

Overview

This workshop offers participants a valuable opportunity to pause and evaluate their lives holistically. Participants will assess their current life situation and envision their desired growth and development. Participants will also uncover limiting habits and beliefs that hinder progress, gaining insights into behaviour and habit change, along with practical hacks.

The workshop facilitates the creation of personalised goals and actionable steps. Additionally, participants will learn breathwork techniques to enhance their mindset, motivation, and concentration for various life scenarios. Overall, this workshop equips individuals with tools to foster personal growth and optimise their development journey.

Key take aways

- Identifying their present life circumstances and envision their desired growth and development trajectory.
- Identifying their habits and beliefs that maybe blocking them moving forward.
- Practical strategies and actionable hacks to navigate challenges and foster positive change.
- Tailored goals and practical steps to drive individual progress.



Breathwork Essentials: Breathe Better, Live Better

WORKSHOP 3
1 hour

Overview

This workshop delves into the profound influence of our breathing on physical, mental, and emotional well-being. Participants will gain insight into their individual breathing patterns and explore optimal breathing methods. The workshop provides accessible techniques to immediately enhance breathing. Attendees will also learn practical breathwork exercises addressing common challenges such as stress, sleep, energy, and focus. Ultimately, this workshop empowers individuals with tools to elevate their daily lives through improved breath and holistic well-being.

Key take aways

- Understanding the direct impact the way they breathe can have on their physical, mental and emotional health.
- Understanding their personal breathing habits.
- Learning the most effective way to breathe.
- Breathwork exercises to take away to help with everyday issues from stress, sleep, energy levels and concentration.



Finding Calm: A Journey to Overcoming Stress and Anxiety

WORKSHOP 4
1 - 1.5 hours

Overview

In this transformative workshop, participants explore the nervous system, stress dynamics, and effective breathwork techniques to help regulate their nervous system. The core emphasis is on recognising their personal daily stressors and behaviours and creating a personalised wellness toolkit to help manage stress, cultivate resilience and making transformative adjustments to their habits.

Key take aways

- Understanding the nervous system, stress and what daily stressors might look like for them.
- Bringing awareness to their habits and behaviours and how they might like to adapt these.
- Understanding and creating a personalised wellness toolkit.
- Breathwork practices to take away and use daily.



About me



Jenni is a highly skilled and experienced GBPA accredited Breathwork Teacher as well as a ACCP certified Mindset Coach. With over 4 years of experience in the field, Jenni is passionate about empowering individuals and organisations to optimise their mental and physical health.

As a coach, Jenni has worked with a diverse range of clients, helping them to achieve their goals and maximise their potential. Jenni uses a variety of evidence-based techniques to help clients, manage stress, improve wellbeing, overcome limiting beliefs and enhance their performance.

Jenni's approach is rooted in a deep understanding of the mind-body connection, and the importance of addressing both mental and physical health to achieve optimal wellbeing. Creating a safe and relaxed space, using science to explain the principles behind her practises and tools to take away and use forever.

Jenni introduced the benefits of breathwork exercises, combined with mindfulness techniques, to the Lionsgate staff as part of the company's Mental Health Awareness week. Through a series of simple breathwork exercises, Jenni guided the Lionsgate attendees to alleviate stress, as well as regain energy and focus by shifting their breathing patterns and becoming aware of their bodies. She encouraged staff to ask her questions and shared her personal health struggles which led her to pursue this career. As an added bonus, after the session, she created a small brochure for the company, with detailed instruction on a few everyday breathwork exercises. We would love to welcome her back in our offices for future Mental Health initiatives.

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- Lionsgate

Clients

LIONSGATE®

SHISEIDO

**P&O CRUISES**

**CHELSEA
PEERS**

WHO WHAT WEAR

**SQUIRREL
SISTERS™**

NOCTIS



breath hub
Your Breath Journey



My offerings

In addition to workshops, I offer group breathwork sessions, these can be weekly or a stand alone session. I also offer 1-2-1 breathwork, 1-2-1 coaching, sessions for press events and corporate away days. I can also create a bespoke package that works for your company's needs.



Workshops



Group Breathwork



1-2-1 Breathwork



1-2-1 Coaching

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