

A top-down view of a desk with a lit candle in a white container, a spiral notebook, glasses, and a green plant.

WORKPLACE

RESET PROGRAMME

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.



RESET - 6 week programme

1 hour per week
6 weeks

Overview

The RESET programme uses the powerful combination of breathwork and mindset coaching for a full 360 reset. Over 6 weeks the coach and participants will work together to reset their nervous system, reset their sleep, their physical, spiritual and mental health to bring them back to feeling themselves. Taking them from overwhelm, panic, stress and anxiety to feeling more calm and content in their everyday life as well as clear, confident and excited about their future.

Each week will build on the previous week, working through coaching exercises to help better understanding themselves, their stress triggers, their habits and blocks. We will be learning breathwork exercises that can be taken away and used forever. These will include exercises to be used in the moment, as a preventative to stress and to help build resilience over time.

Key topics we will look at are; understanding where you are now and where you want to go. Your values, energies and where these show up in your life. Your stress triggers, how to avoid these and how to build your wellbeing toolkit. As well as delving into habits and unconscious blocks that are stopping you moving forward.

Participants will leave the 6 weeks feeling calm and content in their everyday life, with tools to help manage stress as well as feeling clear, confident and excited about their future.



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Key take aways

- Understanding the nervous system, stress and what daily stressors might look like for them.
- Awareness of personal stressors and triggers.
- Identifying their habits and beliefs that maybe blocking them moving forward.
- Practical strategies and actionable hacks to navigate challenges and foster positive change.
- Identifying their present life circumstances and envision their desired growth and development trajectory.
- Tailored goals and practical steps to drive individual progress.
- 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 Mind and Wellbeing 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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SOUL
∞

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